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# THE THINKING ON THINGS LETTER

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September, 2014 Installment

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Published by The Levy Launch    Elijah Levy, Ph.D.

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Hello loyal readers and friends of The Levy Launch. Yup – it's September and we're sliding into the holiday season already. I decided we need to ingest some cultural literacy (nourishment) to carry us through the next few months. So—read this mighty letter and enjoy the material.

I know you're wondering about how everyone is at Founders. Well—all is great and we're still waiting to hear about the \$20,000.00 grant I submitted last year. We'll probably hear this month – and if we're awarded the money, you'll never see me again. Period.

The residents are doing fine at Founders. I just need to convey a mighty appreciation to all of you for your ongoing support of our work at Founders. We so much appreciate you and just know that you're continuing to make a remarkable difference in the lives of our folks at Founders. Our residents deeply appreciate the concern, love and ongoing support you provide them year after year. Thanks lots.

I want everyone to know our volunteer/internship program is growing at Founders. My students from Southern California University of Health Sciences continue to express an interest in volunteering at Founders. These students are planning to enroll in nursing, dental hygiene, physician assistant programs, occupational therapy and physical therapy programs. After completing my class,

the students began volunteering at Founders, spending a day or two a week observing me conduct group and co-leading group. The residents appreciate having them there and being supportive of our great work. I truly appreciate the commitment these students make to understanding mental illness and how they can be a part of our resident's recovery program. It's just wonderful knowing these young, bright college students make time for us despite being so busy with school and work. You're all so much appreciated: Tiffany Nguyen, Kristine Dao, Rosa Son, Vanessa Nguyen, Christina Nguyen, Kirpa Sudick and Dhara Patel.

One project I'm extremely proud of is the anthology of poetry the residents and I have worked on this year. Our self-published book is titled "Pages Left to Turn: Poetry by Restless Minds" The anthology also includes art, and the poetry captures the challenges of living with a mental illness, recovery and how instilling hope is healing and therapeutic. The art for the cover of the book was created by a resident named Christopher and the title for the book was suggested by another resident named Demetrius. Yup – we've got some very creative and talented folks at Founders. In this collection of poetry, individuals living with mental illness convey in an intimate, evocative and vivid style their longing for acceptance, meaning and recovery. The therapeutic benefits for the mentally ill writing poetically is a journey of self-discovery and the writing process organizes and clarifies their situation in life. For the

mentally ill, writing poetically by using imagery and metaphor is a safe passage to reclaim who one was before the illness emerged. The metaphor relies on an analogy or symbol to create new meaning by expanding the imaginative mind that ultimately pushes one into a new reality that generates insight. The metaphor is fascinating because of its power to silently express a complete picture in an instant. Individuals living with symptoms of Schizophrenia and Bipolar Disorder are a vessel of truth and writing poetically about suffering transforms that truth in a way that makes it meaningful and amenable to healing. What is dormant, and undoubtedly shameful to disclose is awakened, and although it describes the limitations the illness imposes in their lives, it energizes one to act in some way to heal the pain, overcome and defeat ongoing devaluation, loneliness, stigmatization and alienation. In the end, it is hope that gives life meaning and sustains faith for the good life. Without hope, one lives in despair and futility. Meaning gives one the strength to overcome. The evocative nature of poetry transforms silence, alienation and insignificance to sound. The written word-- the poem, allows one to share this experience in a public forum for others to identify with and ultimately connect them to the larger world to reduce alienation and increase integration. At some level, the healthy mind will invariably understand the depth of suffering and through empathy, the ability to take the role of the other, appreciate and render compassion to the mentally ill.

In November, I submitted a proposal to the Seckel Foundation asking for \$21, 700.00 to support all the great programs implemented at Founders House of Hope. I received an email indicating we're being seriously considered for funding.

If we're awarded funds, we will expand the supported employment program by creating new job opportunities and enrich other program components.

Again – we're very excited at the prospect of being funded and how this can dramatically enhance the quality of life for our residents. We will hear if we received the grant sometime in September.

## Founders House of Hope

Founders House of Hope is a residential care program in Artesia, CA providing psychosocial rehabilitation services to 90 adults diagnosed with a persistent mental illness such as Schizophrenia and Bipolar Affective Disorder. Embedded within Founders House of Hope is a nonprofit agency called Founders Outreach which provides the psychosocial/psychiatric rehabilitation services to the residents. In addition to the psychosocial rehabilitation program, Founders Outreach operates a supported employment program whereby residents work on site in a convenience store and they receive a stipend for hours worked. Residents are seen by mental health professionals, in addition to physicians to evaluate and monitor their health status. The recovery program includes vocational rehabilitation, relapse prevention, symptom management, community reintegration, social skills training, problem solving and creative expression for residents pursuing artistic and writing talents. The psychosocial rehabilitation groups are skill building and designed to improve our resident's skills and quality of life.

The program goals are to improve the quality of life of our residents, to build self-empowerment, self-direction and self-reliance. Our consumers are often neglected and isolated and are unable to generate a positive evaluation of themselves when left undisturbed in their settings. The program emphasis is to evaluate our resident's existing skills, develop their needed skills and to provide support so they succeed in their living environment of choice.

### Recovery Program Goals

The program goals include improving quality of life, building self-empowerment, self-determination and self-sustenance. Our consumers are often neglected and isolated, unable to generate a positive evaluation of themselves. The focus of the program is identifying capabilities and interests, developing vocational skills, consumer strength, instilling optimism and enlarging our consumers identity from a one-dimensional to multi-dimensional identity and our services are seen as an evolving process. The services represent reservoirs of hope. All elements of the program contribute to creating a therapeutic milieu and environment of social caring. A unique model of self-empowerment and reinforcement for effective decision making leading to increased life satisfaction is promoted in daily programming.

### Program Philosophy

- Maximizing choice, increasing competency and providing unconditional support.
- Focusing on the consumer's goals and aspirations; and on the consumer's preferred level of intervention.
- Instilling hope and a vision that consumers can grow with and in their community.
- Dedication to consumer empowerment and involvement of consumers in aspects of service delivery.
- A strong commitment to achieving outcomes.
- A strong commitment to continuing to improve the programs at Founders; developing innovative program that foster desired change in the lives of consumers

Man is cursed with a burden no animal has to bear: he is conscious that his own end is inevitable, that his stomach will die. As soon as you have symbols you have artificial self-transcendence via culture. Everything cultural is fabricated and given meaning by the mind, a meaning that was not given by physical nature...[but] the terror of death still rumbles underneath the cultural repression. What men have done is to shift the fear of death onto the higher of cultural perpetuity...men must not hold for dear life onto the self-transcending meanings of the society in which they live...a new kind of instability and anxiety are created."

Excerpt from Ernest Becker's book "Escape from Evil"

## Thinking on Work

Elijah Levy, Ph.D.

Let me share with you what Studs Turkel says about work: "Work is about daily meaning as well as daily bread. For recognition as well as cash. For astonishment rather than torpor. Work is for a sort of life rather than a Monday through Friday sort of dying... We have a right to ask of work that it induce meaning, recognition, astonishment and life." I have always felt that in work you do what you enjoy. For me there is a difference between a job and work. A job is something we do to pay our bills like our rent, mortgage, car payment and for some of that real good, Ben and Jerry's New York Super Fudge Chunk ice cream. Work, on the other hand, is supposed to touch your heart and it needs to touch other people's hearts. Think of how you could awaken your spiritual world in work? To do so, just ask yourself the following question: How does your work touch the joy in you and what joy does your work bring out in others? Freud, besides talking about sex, aggression, and the death instinct said that love and meaningful work are the two pillars of mental health. Let's face it, work is essential for maintaining your mental health. Work engages part of our total self. Work is central to our sense of self. Just ask the proverbial person on the street who he is and he'll respond "I'm a plumber," "A bus driver," or "I'm a lawyer." The person will usually not respond by saying "I'm a mother" or "I'm a father," or "I like to eat at Hometown Buffet." The reason work is central to our sense of self is because it affects our lives in so many ways. Our work usually determines our income level and life style. It certainly influences what others say about us and how they think about us. The type of work we do is very important to what we are. Our self worth and self esteem are intimately connected to what we do for a living. We need to feel that what we do goes beyond the immediate activities to affect others in a positive and profound way. We need to see the connection between what we do at work and a greater purpose. For example, ask yourself how does my work contribute to the bigger picture? Try developing your own mission statement by asking yourself the following questions:

- 1. What is the purpose of the work I do?
- 2. What is my purpose in life?
- 3. What unique aspects of myself do I bring to work?
- 4. What values are most important to what I do?

Americans believe in standing on your own two feet and the only way to achieve this is to obtain work which leads to freedom and independence. We do not like to depend on others for financial support. I know, when I was three years old, I relied on my mom and dad for financial support. Right now, my family expects me to provide them with my share of the financial support. Americans believe in doing a good job. Work provides a sense of self-respect. Individuals who work hard and do their jobs well tend to have greater self esteem than those who do not or cannot work. Would you resign from your job if you had enough money to live as comfortably as you like for the rest of your life? A national sample of Americans taken every year since 1972 reveals the same results. Seven out of ten people stated they would continue to work. What does this mean for you? It means that most Americans want to work or believe they should work even if they do not need the money. In the sense of a career, work will enable you to achieve and be advanced in the company. In this way, your self-esteem is directly associated with your competency to perform your job. If you are true to your work, and express your dedication and loyalty to the company, then your attitude will convey that work is an opportunity to make something of yourself. You will not view work as an unpleasant necessity of life.

What do you expect your work to do for you? Undoubtedly, you have an expectation that your job or work provides you with sufficient income to live well. This was a popular requirement at one time. Interestingly, employees now expect more than just income from their job. Polls now indicate that only 8% of respondents claim they would be willing to keep a job they hated even if it was guaranteed to make them rich. Again, findings such as this suggest that employees are seeking more than a secure income from their jobs. They are desperately searching for work that is meaningful. What is meaningful work? I'm not talking about getting your latte and biscotti at Starbucks before work to have a meaningful day at work. Food contributes just a little to adding meaning to your workday. The kind of meaning I'm talking about derives from your awareness that your work contributes to the overall functioning of your organization and your work is highly valued. I'm also not talking about cussing out your boss as representing a meaningful day at work. You can always fantasize or dream about cussing out your boss. Just don't act it out at work tomorrow. Remember, it's always safe to dream about how you'd go off on your boss and no one else will ever know except you.

If you had to list the conditions of a job that would make you happy and productive, what would they be? Take this question seriously because working conditions affect a person's satisfaction, mood, health, and motivation to perform exceptionally well on the job. Surveys indicate that employees with a degree of job flexibility are satisfied with their jobs. Employees who have a chance to set their own hours, make decisions, vary their tasks and solve problems are likely to welcome challenges on the job. These employees tend to become more flexible in their thinking and feel better about themselves and their work. An employee that admits they are being fully utilized at work – meaning they aren't being under utilized will report high levels of job satisfaction. Being fully utilized means their job captures their abilities and skills and enables them to make valuable contributions to their organization.

We are told consistently to make something of ourselves through work. Look, you spend between eight and ten hours on your job everyday. You work for an organization and one of the key characteristics of well run organizations and teams is that they have a clear picture of what they are trying to create together, their basic purpose and a shared, common set of values. One of the most important elements an organization needs to prosper is values.

What are values? Values are the guiding principles, the standards, the actions and behaviors that you represent for your organization. Interestingly, we don't usually talk about values in the workplace. We all have personal needs that we take care of in our daily lives. However, we also behave in ways that represent a need for meaning and purpose. These behaviors are values, they are the deepest and most powerful expressions and motivators of our behavior. Values, when acted on, allow us to express what is most important to us on the job, at home with our family, and in our social lives. So, values are energizing, inspiring, and motivating. If you care passionately about things then you clearly value that thing. I'd expect you to then be motivated to achieve it. Ask yourself who are the people you have admired and how can you act on the values that they possessed.

Once you do so, ask yourself these questions:

What do I and my organization stand for? Which of my behaviors mirror these values? How do I treat and interact with my co-workers? How do I service my customers? How do I want to be treated at work? How do I and my organization want to be seen by the community?

At work values include how each of you treats each other, how departments and teams conduct their business everyday, and how they interact with other. So if you ask yourself why organizations rely on values to survive, you will know its because values bring employees together around a common mission, they help coordinate work, help everyone make decisions, and values enable all of you to acknowledge, respect, and cooperate better in the work environment. As you clarify your personal values and mission statement about your work, can you align the two; getting your personal and organizational values to match.

I know you want to provide a great service to your students and the community. Think about the following statements that relate to the service or product you provide your customers:

- . The customer receiving the service may have nothing tangible, so the value of the service depends mostly on his/her personal experience with you.
- !. If the service you provide is less than adequate, you cannot recall it.
- }. The delivery of your service requires human interaction.
- }. The customer's expectations of the service is integral to his/her satisfaction with the outcome.
- i. The more people the person will encounter during the delivery of the service, the less likely it is that he/she will be satisfied with the service.
- }. Your service is produced at the instant the person comes to you, it can't be created in advance and cannot be centrally produced until the customer needs it.
- !. Ask yourself how can I improve the customer's perception of me?
- }. How can I improve the customer's perception of the organization?

Here are some tips to live by:

1. Be a role model, regardless of your work title or level in the organization.
2. Lighten up. Don't take things so seriously. Who cares what color a cookie is, as long as its filled, in the middle, with the peanut butter that you like.
3. Recognize people's intentions, even if they step on their own feet or yours. Most people usually don't mean to hurt others. If they intended to hurt you, you can do something about it. If they didn't, forgive them. In honest communication there is no right or wrong, just different.
5. You will not always be loved or approved by everyone.
7. We all have a right to express ourselves as long as we don't violate the rights of others.
8. Everyone has a right to courtesy, respect and dignity.
9. Establish mutually cooperative working relationships by cooperating rather than competing with others, supporting and helping co-workers, understand which decisions need to involve others and which can be made alone, make decisions that are consistent with agreed upon goals.

Diversity. Everyone hears about diversity and how it can be effectively managed in the workplace. You also experience diversity in most aspects of your non-work, personal life. Just look around you today and try to identify the ethnic and cultural backgrounds of everyone. You see, all of us have stereotypes about other cultures. What we need to do with these stereotypes is subject them to scrutiny. We need to challenge our cultural assumptions and stereotypes, and determine for ourselves if they are accurate. So, what makes us diverse? If you think about it, human beings are pretty complex organisms, and each dimension of diversity adds another element of complexity. We present ourselves to the world in multi-faceted ways with a complex set of values, roles, experiences and perceptions. For these reasons, we often misunderstand each other and misinterpret our behavior. I teach how we can become culturally competent. Cultural competence is the ability of human beings to respond respectfully and effectively to all cultures, classes, races, ethnic backgrounds and religions in a manner that recognizes, affirms, values and protects the dignity of all people.

For me diversity is synonymous with differences. In my family, there is gender inequality. You know what I mean. Boy, are there differences. Being diverse in your attitude means you tolerate cultural differences, that you recognize and accept the perspective of others who are culturally different than you. A step further, and you develop an inclusive attitude. An inclusive perspective manifests as treating everybody equally, giving everyone an opportunity to belong, achieve, and contribute to their community or workplace. To develop an inclusive attitude, you must respect and accept each other's differences. No problem right? Wrong. Some of us do not have the capacity to tolerate cultural differences. I teach how we can tolerate and accept cultural differences. Before you can do so however, you must feel solid and proud about your cultural identity. If you are, then accepting, tolerating, and welcoming other ethnic and cultural groups into your life will not threaten your cultural identity. If you're on shaky ground though, then you'll feel threatened by the "Otherness" present in that ethnic individual. You see, we all like to be with others who talk, dress, and look the same as us. If your life situation doesn't allow you to interact with other ethnic individuals, then you may be at risk for developing an "Us" and "Them" dynamic, and the problem with the "Us" and "Them" situation is that it may lead to stereotyping. If you can accept that your world is a divergent one that can be culturally navigated, then you will experience less cultural incompetency and cultural tension. You see, if you were born in this country, and raised like all other mainstream American children were raised, you were the product of what we refer to as cultural programming or cultural encapsulation. And, as a child, we are rarely given opportunities to challenge our cultural assumptions because mom and dad taught you how to think and feel about other cultures. Now, there's nothing wrong with this situation, unless of course your parents were bigoted or prejudiced themselves and taught you to be intolerant of other cultures or anyone who was not part our mainstream culture. The product of this childhood is an individual who will, as an adult, stereotype people of color and minorities. And yes, these stereotypes will be unfavorable ones. At its most powerful extreme the "Us" and "Them" dynamic can produce an individual who has an ethnocentric view of the world. Ethnocentrism is the belief that my way is the right way. It is the blatant assertion of cultural and personal superiority. To avoid the ethnocentric attitude, we need to free ourselves of our cultural assumptions that tend to stereotype others. The individuals that cannot do so often have an inability to function effectively with other cultures and are unable to experience and benefit from cross-cultural participation and relationships. I have made it a mission of mine to teach others how we can value cultural differences. I'd like to think I'm an excellent role model for teaching how to appreciate cultural differences. I have acknowledged the effects of my personal cultural programming and I make conscious attempts to reduce my discomfort with difference and change. I realize that differences represent opportunities that can add value or can enrich my life. What I discovered was that we're all socialized to believe that sameness is valued and is a measure of success. Well, we need to modify our attitude about sameness and attempt to work with the understanding that sameness is not the only measure of success, acceptance, and belongingness.

## Existentialism

Elie Levy, Ph.D.

Existentialism is a philosophical movement emphasizing individual existence, choice and freedom. It was given birth to in Europe by writers in the 19<sup>th</sup> and 20<sup>th</sup> centuries. The themes that most existentialist writers subscribe to include the individual's subjective experience and freedom in the world. Essentially, existentialists assert we are what we consciously have chosen to be. The founding of modern existentialism in the late 19<sup>th</sup> century is generally attributed to a Danish philosopher named Soren Kierkegaard (1813-1855). Kierkegaard's existentialist philosophy was a reaction to Plato's writings on the highest ethical good being the same for everyone—that all needed to strive for moral perfection. Kierkegaard, in contrast insisted that each individual needed to define for himself the highest moral good, to pursue and define his truth leading to a liberated, meaningful life. For Kierkegaard, honoring objective, universal truths based on absolute morality was a contradiction to the major existential premise of denying a rational basis for moral decisions. Kierkegaard objected to the reigning absolute, idealistic German philosophy of the time being promoted by Hegel. Hegel proposed a total, well reasoned rational and systematic explication of humanity and history. Kierkegaard's thinking deemphasized the rational basis of understanding the human condition, and in contrast, focused on the absurdity and ambiguity of life. Kierkegaard professed it was each individual's responsibility to commit to leading a life of truth which may require one to defy the norms of society, thereby transcending what might be the good for all and honoring what is the good for me. In this situation, Kierkegaard proposes one take a "leap of faith" to avoid experiencing further despair.

The majority of existential writers stress that one must be passionate and maximize individual choice leading to individual action. It is only when one acts on their freely chosen desires that they arrive at truth—or approximate truth. Kierkegaard and Nietzsche stressed that there exists no rational or logical premises which derive from a systematic analysis of nature. They and other existentialist writers explicate this existential principle in many of their parables and aphorisms. The denial of rationality is not absolute though, for they understand that under certain conditions rationality is necessary to deepen our understanding. In the final analysis, the existentialists will claim that to answer the most compelling, significant questions in life, reason and science are insufficient. The bold Nietzsche asserted that no order exists in the universe and that the assumption that it does is an illusion.

Jean Paul Sartre (1905-1980), considered the leading existentialist philosopher of the 20<sup>th</sup> century, lived and worked in France. In his classic work *Being and Nothingness* (1943) he expounded his premise that existence precedes essence, meaning that one's biological, physiological or material being exists before one's awareness of innate factors such as reason and consciousness. Sartre, an atheist further asserted that life is not sacred theologically; that human beings were not created in the image of G-d or any other supreme deity. For Sartre, human beings enter a materialistic world and are condemned to make choices which define their true nature. Thus, each individual represents the sum of their choices and actions, and all human beings are "condemned to be free." One of the most prominent themes in existentialism is choice. Choice means that each unique individual can create his own nature. For Sartre, existence precedes essence and choice is inexplicably part of humanity. It defines and validates one's existence. Choice is inescapable and in every moment of existence, we make choices. Invariably, the refusal to choose represents a choice and with this choice comes responsibility. Individuals then come to accept responsibility for the consequences of their choices.

Additional themes in existential philosophy emphasized by Kierkegaard are dread and anxiety. Dread characterizes a general apprehension, a conscious knowing that G-d obligates each of us to define and lead a meaningful life. Anxiety naturally leads one to confront awareness of his nothingness and that he may discover emptiness when searching to justify the choices he makes. Sartre uses nausea to refer to the individual's awareness of how the universe is devoid of moral absolutes, and the word anguish refers to the absolute freedom of choice all of us are presented with in life and which is a burden for human beings.

Sartre's model is atheistic, suggesting that there exists in the universe no compass for moral guidance, a G-d for divine inspiration and no moral absolutes. For some individuals, this recognition creates despair, acknowledging that one lives in a meaningless world, and that it is each individual's responsibility to impose meaning in a meaningless world. It is in this condition of pure nothingness that generates anxiety and awareness of the inescapable inevitability of death.

Be careful about reading health books.  
You may die of a misprint.

A banker is a fellow who lends you his  
umbrella when the sun is shining, but  
wants it back the minute it begins to rain.

Don't go around saying the world owes  
you a living. The world owes you nothing.  
It was here first.

--- All three quotes by Mark Twain

I know some of you enjoy reading the poetry  
I've introduced you to over the years. So—  
here's a list of some of my favorite poets you  
can find on the internet to read:

Czeslaw Milosz	Philip Levine
Pablo Neruda	Octavio Paz
Carl Sandburg	Rainer Maria Rilke

Senior Centers I'm teaching

at these days:

Cerritos Senior Center

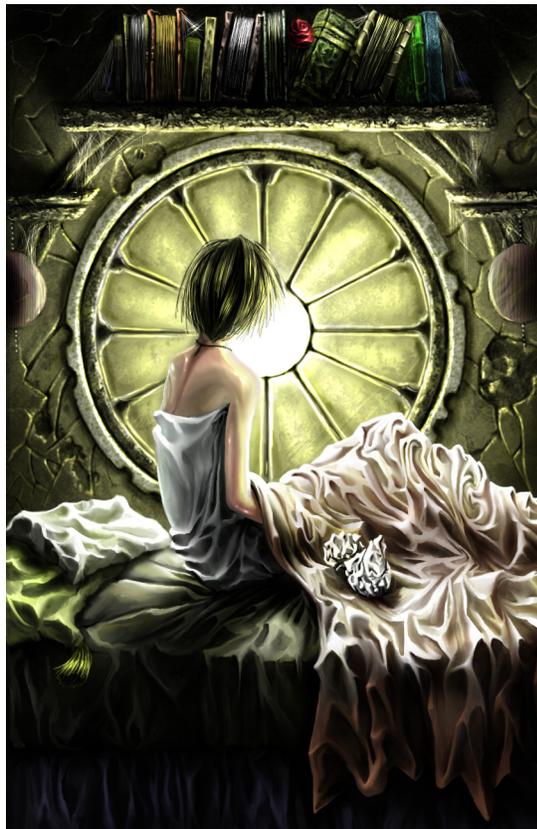
Monday 3:00-5:00

Norwalk Senior Center

Thursday 9:00 – 11:00

La Mirada Activity Center (Vets Class)

Wednesday 9:00 -11:00



Art by Christopher  
Richards

Training Law Enforcement on How to Interact with the Mentally Ill

As most of you know, my two colleagues and I have been conducting workshops for law enforcement on how to more effectively interact with the mentally ill. We're finishing up our second year of our two year contract with Orange County Sheriff's Dept. and it's been very gratifying. The positive evaluations we receive from deputies and police officers reinforce that they're learning lots and it's a meaningful experience. My colleagues are Charlie Celano, Police Chief at the City of Tustin, Manny Arzate, Sargeant at Tustin Police Dept and my brother Josef. I can't thank my brother enough for promoting our work and introducing us to departments interested in our training. We finished a three month contract to train the entire force at Anaheim Police Department and we trained all of the officers at Corona Police Dept., Covina P.D. and Temecula P.D.

A Walk

by Maria Rainer Rilke

My eyes already touch the sunny hill,  
Going far ahead of the road I have begun.  
So we are grasped by what we cannot grasp; it has inner light, even from  
a distance--- and changes us, even if we do not reach it, into something  
else, which hardly sensing it, we already are; a gesture waves us on  
answering our own wave... but what we feel is the wind in our faces.

### Creative Writing by Residents of Founders By Andy Knight

Founder's is the place I live where we all participate and give. Giving and sharing for one another like a band of brothers. Money draw Tuesday's gives excitement and cheer. Spending our money wisely saving the rest for the year. The food comes in many varieties from Chinese to Mexican. It helps to know a little Spanish when getting in line for seconds again. In back we smoke taking time to reflect on a joke. From characters we once knew to the childhoods from which we grew. From Bipolar to Schizophrenia we are all dealing with a dilemma. Medications our cure knowing what to take is up to the doctor for sure. From Irma to Judy we are all put in check when unruly. And in time we begin not to listen to those who are unruly. Group time is always played out in a serious way when Dr. Levy comes each and every day. Making our troubles disappear he steadily keeps our minds in gear. Founder's is a haven for me now but in the future I hope to move out somehow. For it won't be long for my illness to be gone keeping my head up right and strong.

### The Meaning of Life

I've collected what some of the greatest thinkers have to say about this complicated subject—the meaning of life. Enjoy.

Abraham Maslow – Meaning is experienced by the self-actualized, growth motivated person who delights in using his creative powers for their own sake, and who can affirm himself and simultaneously transcend himself through peak experiences.

Paul Tillich – Man can choose to make his life meaningful by surrendering in faith and love to Jesus. By opening to Jesus and experiencing His acceptance and forgiveness, one experiences the joy and freedom of new being and the courage to be oneself.

Abraham Joshua Heschel – Man experiences his life as meaningful when he lives in G-d's presence—not simply by encountering G-d in the world, but primarily by serving G-d in everyday life, infusing every moment with the spirit of G-d and by dedicating himself to ends outside himself.

Rollo May – Meaning is experienced by a person centered in himself, who is able to live by his highest values, who knows his own intentionality, feels the power of his will to choose, and is able to love.

Founders House of Hope is a 90 bed residential care facility for the mentally ill located in Artesia, CA Residents at Founders are encouraged to participate in the recovery and psychosocial oriented rehabilitation program offered during the week. Residents are seen by mental health professionals, in addition to physicians to evaluate and monitor their health status. The psychosocial rehabilitation program includes a supported employment program enabling residents to work on site in Founders Hut, a convenience store providing toiletries, snacks and drinks for residents. The hut is managed by residents and they receive a stipend for hours worked. Employment in Founders Hut is a privilege afforded to residents who consistently attend their rehabilitation groups.



I want everyone to know that I added a page to my website called Center for Career Development. This section includes material on how to search for work and network, how to write a great resume and cover letter and how to prepare for an interview. My website is:

[www.thelevylaunch.com](http://www.thelevylaunch.com)

I also added a page titled Center for Lifelong Learning for all of you serious folks interested in increasing your cultural literacy. On this page, you'll be introduced to some of the world's greatest poets, writers and essayists. There's material there on how to balance life, work and school, how to write an ethical will and memoir writing. You just need to spend time here to familiarize yourself with some of the world's greatest literature and films. In addition, there's material on Gordon Parks' writing, art and photography.

We've figured it all out except how to live. --- Jean-Paul Sartre

Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated, thus, everyone's task is unique as his specific opportunity to implement it. --- Viktor Frankl

### Dr. Levy's Group at New Horizon Lodge

By Charlie Johnston

Dr. Levy has been doing group therapy classes at New Horizon for nearly ten years. He is a refreshing break from the usual day care places that expends a lot of time on Bingo game after bingo game, or a lot of mindless "arts and crafts" where the leaders try and stifle any creativity you might have anyhow. Also in these day care places there is a lot of expended time on transportation and just "waiting around". Dr. Levy comes to the facility here taking time out of his busy schedule where his calendar is full of facilities to visit and colleges to teach at. Dr. Levy does intelligent dissertations on psychological principles we can all use when it comes to communication skills and how to think critically, and how to budget your time. He also tackles such issues such as "What makes for personal happiness". In every session Dr. Levy does a "check in" where he goes around the whole room asking everybody how their last few days have been and do they have any problems. Dr. Levy is noted for his personal generosity and sense of caring, and providing individual attention to each resident. Last June Dr. Levy sponsored an art exhibit where residents could sell things such as their art work and paintings, as well as poetry books and even music recordings of people who haven't been able to "make it" yet in that field. Dr. Levy teaches that even in a person's twilight years, a person can still be useful and productive and have a sense of purpose. This class at new Horizon is increasingly popular and every session we have to bring in additional chairs because the class has gotten so large. When a new resident arrives, Dr. Levy interviews them on their life history and where they have been and where they think they are headed. Dr. Levy is good at remembering names of people who used to attend his class many years ago but have since moved away or whatever. I anticipate his class will continue for many more happy years here at New Horizon.

