

Lifestyle

Sharing with others in the same boat, not coping alone

A question I have been asked many times over the years that I have been a therapist is how I cope with hearing the difficult situations my clients share with me.

It is true that many clients have experienced hurtful and horrible events in their lives and bring these experiences to therapy to address. However, not all individuals who seek therapy have had damaging life experiences. Some struggle in the absence of such events. That is a concern, but not my purpose here. Rather, how do therapists deal with the sometimes terrible situations that individuals share in therapy?

Some background as to how therapists become therapists will be helpful here. To be a licensed therapist in Pennsylvania, and most states for that matter, you must meet educational requirements.

For counselors, art therapists, and

social workers a master's degree is required. Psychologists must have a doctorate degree. Each program teaches scientifically based understandings of the human brain and behavior. Of course, each program may have a philosophy of treatment that is taught as well. All therapists of various disciplines must pass a licensing exam. Blended with the didactic educational trainings are apprenticeship programs often referred to as "internships."

During the internship the novice therapist is doing the clinical work of meeting with clients while being guided and supervised by a licensed professional in their particular discipline.

Supervision begins the process of sharing with another professional the challenging situations that people bring to therapy. There are of course confidentiality and privacy guidelines that are closely followed in the

MENTAL WELLNESS

Margaret Swartz



supervision setting. The idea is that no one must hold on to this information alone. Later, once the therapist has moved into their professional life, this supervision can evolve into consultation with other professionals. Consultation is somewhat less stringent and less defined than supervision, but it becomes a very important piece of a therapist's work life.

Consultation has become a weekly

part of my work life. Every Monday at noon I meet with a group of other therapists on line. This group has been meeting this way for many years now. My participation has been over the past five years.

This consultation team, as it is referred to, was established along the guidelines of a particular style of therapy, but the group is not confined to just one approach. This consultation group is unique in that the members are scattered across the United States. Some members are in New York State, another in Kansas, and, finally, one is in California.

There were therapists in Massachusetts at one time, but as their therapy practice changed they left the group. This group follows a pre agreed upon agenda that assists the group to stay on task. The agenda starts with life threatening behaviors and ends with administrative concerns that therapists

in private practice may have.

No client names are shared, but after we have discussed some clients over a long period of time, we come to feel that we know these individuals. As time has passed and various challenges have been met, the feeling emerges that no one is assisting troubled individuals alone.

Returning to my starting question, "how do therapist cope with client trauma?" The answer is not alone. The wise therapist finds other therapists whose experience they trust, treatment philosophy they agree with, and abilities they admire to discuss the work they do to help the people they serve.

Margaret H. Swartz, Psy.D., is a licensed psychologist in private practice. She is a member of the Healthy Adams County Behavioral Health Task Force and Suicide Prevention Task Force.

Streak through winter with WellSpan

It can be hard to get motivated to get outside and be physically active during the winter months. The Scandinavians have a lot they can teach us about embracing winter as they have some of the longest and darkest winters but are consistently ranked as some of the happiest people.

WellSpan Health's Winter Streak Wellness program was inspired by the Scandinavian concept of embracing winter as it encourages participants to not only get outside and be physically active during the winter months, but also encourages making healthier nutrition choices and reducing stress.

The Winter STREAK Wellness Program is a free 12-week community program designed to be a fun and effective way to increase your health and well-being during these cold winter months. Participants are encouraged to create

"streaks" of small and consistent habits and keep building on each streak over the three-month period.

The Winter Streak webpage (www.winterstreak.org) offers a variety of resources to meet participants where they are. Visit the webpage to register for bi-weekly workshops starting on Jan. 5 to learn about topics such as getting moving during the winter months, transforming winter comfort food recipes using healthier ingredients, learning to do 1% more in order to reach your health goals and creating your own wellness inventory. A resources library is also available on the webpage and includes physical activity resources like the Adams County Winter Hike Schedule.

You can hike your way to better health by participating in one guided, socially distanced Winter Fitness Hike

PHYSICAL FITNESS TASK FORCE

Kim Crider



each month January through March.

These fully-guided hikes are open to beginner and seasoned hikers and breaks are taken as necessary and a moderate group pace is maintained while also maintaining appropriate social distance.

Safety and support are top priorities during each hike, and the practice of Leave No Trace outdoor ethics

will be followed. Maybe you need a different kind of inspiration to start "Streak"ing? Our fan favorite bingo cards are just what you are looking for as they will help you begin building those small daily consistent Winter Streak habits to help you reach your health goals. These bingo cards will get you up and moving and doing exercises like lemon squeezers and standing penguins.

Don't worry if you have never heard of these exercises because there is a demo video that will walk through each exercise and provide modifications.

You can use the bingo cards to set individual goals by completing a row or column each day or week, compete with your co-workers to fill a card, or print and post a bingo card on your refrigerator and get the whole family involved. We encourage you to get

creative.

Other wellness related resources are also available and include delicious healthy recipes and guides that can help you assess your stress and sleep, and the ability to register for bi-weekly emails that will provide tips for staying on track, the recording of the previous week's workshop and more.

An added bonus? The more you participate, the more you can earn entries to one of five health and wellness swag baskets. So, the only question left to ask yourself is how are you going to "Streak" through winter this year? Go to winterstreak.org and get signed up today.

Kim Crider is a community health coordinator in Franklin County for WellSpan Health's Community Health & Engagement department and is the project lead on Winter STREAK.

Continuing to contribute to affordable housing in Adams

The Adams County chapter of Habitat for Humanity is closing another strong year and looking forward to another great year in 2022. We're proud of our contributions to the housing market in Adams County and the part we play in helping families achieve the American Dream of homeownership.

Habitat is also proud to contribute in its own small way to alleviating the shortage of affordable housing in Adams County. An economic overview of the county prepared by the Adams Economic Alliance and the county planning department lists three primary challenges faced by the county and its residents: affordable housing, workforce readiness, and transportation. The affordable

housing crisis is so severe that often people who are ready to leave the homeless shelter must seek lodging in Hanover.

We have been adding to the stock of affordable houses in Adams County for approaching a half century. And with a strong volunteer base and a set of future projects to work on, we are in a stronger position than ever. After an extremely frustrating year in 2020, where we were forced to shut down entirely for a time, and difficulties with COVID and construction material prices in 2021, we are finishing 2021 in strong shape and looking forward to 2022 with optimism.

We're nearing the completion of our house on Marie Lane in Big-

HABITAT FOR HUMANITY

Leon Reed



lerville. Our homeowners, Mitchell and Helayna Thomas, have been outstanding volunteers, far surpassing the time they were required to donate and showing that they will be outstanding homeowners and neighbors once they move in.

In 2022, a new project awaits us, a

new duplex home in Littlestown, our first project in that part of the county. Building a duplex always poses its own challenges, but also offers the potential to offer homeownership to two families.

We are also exploring several partnerships that will allow us to extend our reach in 2022 and beyond.

There is a lot going on in the field of affordable housing and Habitat is proud to play our part. Luminest Community Development is starting work on a 36-home development adjacent to the existing Misty Ridge development. SCCAP and other organizations are pursuing the SHARE and ECHO programs, which will provide more housing options for the elderly.

Chad Collie and his colleagues with

Converge Enterprises have started work on an affordable duplex on Biglerville Road, and hope to collaborate on additional affordable housing units. None of these projects, by themselves, will "solve" Adams County's affordable housing shortfall but the activities currently under way give cause for optimism about the future.

In closing one year and seeing the launch of a new year, we are grateful to the generous citizens of Adams County, who tripled their donations to Habitat in this year's Giving Spree, and to our volunteers, without whom nothing would be possible. All volunteers are welcome. We'll see you out on the construction site.

Leon Reed is a board member of Adams County Habitat for Humanity.

Unbalanced dinner bill; she needs to contribute, too

Dear Annie: My wife and I have been friends with this couple for over 10 years. We met when our kids were in grade school. We would get together with this couple regularly over the years for dinner and drinks, while the kids would stay at home.

When we go out, we would always split the bill 50/50. Fast-forward to today, their kids are always joining us for dinner and drinks. When it comes time to pay the bill, they always ask for one check and expect us to split the bill 50/50 still. We have tried to do separate

checks, but they keep asking for one. How do we politely tell them we do not want to pay for their family's food and drinks? — Paying More Than Our Fair Share

Dear Paying More: If these dinners are frequent, such as once a week, then you should tell them that dividing the check in half is not fair. But if they are only occasional get-togethers, remember that friendship shouldn't require such precise math. If the bill really bothers you, invite them over to your house for drinks and appetizers instead.

Dear Annie: My wife has started withdrawing from our relationship and tells me I am not supportive of her. Last year, we agreed she could quit her full-time job to pursue her dreams of owning her own business and achieving her

master's degree in business administration. During which time I completely renovated at her new commercial space and have held down my own job that provides a stable income and health insurance for our entire family. I cook most nights, stay on top of the bills and keep the house organized, all while she frantically runs her business by the seat of her pants. But the second I ask anything of her, she loses her mind and tells me I'm not supportive. I've tried to have these talks with her, but every time I bring up my feelings, she is quick to make it about herself. How do I get through to her while keeping her civilized? — Solo at Home

Dear Solo at Home: It's inspiring that your wife is chasing her dreams, and it's commendable that you're

making that possible for her — but it can't come at the expense of her family. She needs to contribute to the well-being of the household, and it's up to you two what that means.

Maybe it's cooking dinner every night. Maybe it's coming up with a deadline for her business to start generating an income for your family. Maybe it's managing the household finances, cleaning on the weekends or dropping the kids off at school. The bottom line is that her professional goals are no excuse to neglect her responsibilities to the family.

A couples therapist can help you communicate effec-

DEAR ANNIE

Annie Lane



tively and create these clear guidelines.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology — featuring favorite columns on marriage, infidelity, communication and reconciliation — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.

first FRIDAY

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Armani cancels men's Milan show, Paris haute couture

ROME (AP) — Designer Giorgio Armani said Tuesday he was cancelling his Giorgio Armani and Emporio Armani men's fashion shows in Milan this month and his Prive haute couture show in Paris because of soaring coronavirus cases in Europe.

The decision makes Armani the first major designer to pull out of the Milan men's pre-

views for fall/winter 2022-23 scheduled for Jan. 14-18. In a statement, the fashion house said the decision was "made with great regret and following careful reflection in light of the worsening epidemiological situation."

"As the designer has expressed on many occasions, the shows are crucial and irreplaceable occasions

but the health and safety of both employees and the public must once again take priority," the Armani statement said.

Milan's fashion council had announced last month that 22 brands, from Armani to Zegna, would be staging live runway shows, with just nine opting for digital presentations. It did so following the success

of the September womenswear shows that featured 40 live runway previews, with mask requirements and limited invitees.

The British Fashion Council has said its January menswear shows would not go ahead due to COVID and that they would be consolidated with the womenswear calendar in February.

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