

# HAV-IT MONTHLY

January 2026

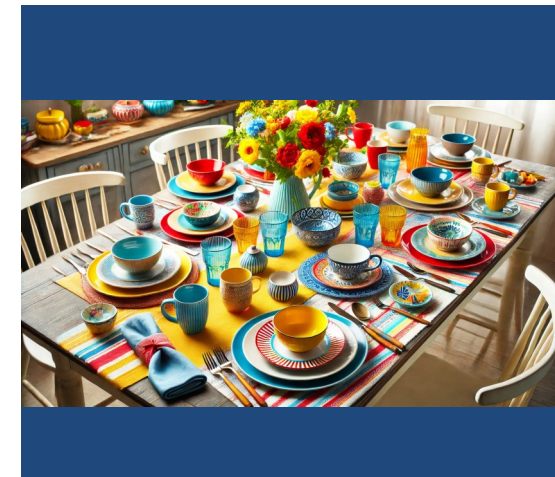
## Culinary Art Therapy

Cooking is often an overlooked daily part of life. It is viewed as another chore, something else to check off your to-do list. But...

### Did you know...

- ◇ Culinary therapy is being used in various settings, including trauma recovery, addiction treatment, and general mental wellness as a coping strategy.
- ◇ Some therapeutic benefits are
  - \*Routine and structure in following recipes
  - \*Life skills development through planning, time-management and healthy nutrition
  - \*Social bonding when you not only cook a meal together but also enjoy the deliciousness of your project with one another.
  - \*Mindfulness and stress reduction as you focus on the details of the task at hand.
  - \*Boosted self-esteem and confidence comes from seeing a mixture of raw ingredients come together to make a purposeful dish.
- ◇ Cooking brings a sense of empowerment through control and contribution into producing something ordinary into something uniquely extraordinary.
- ◇ Sensory engagement is on a high level as cooking involves all five senses which can lead to a distraction from negative thoughts as you hone in to focus on your time in the kitchen.
- ◇ Culinary therapy can be enjoyed solo or in a group. Either way, it can be a form of non-verbal connection for many.

You can learn more at [culinaryarttherapy.com](http://culinaryarttherapy.com)



Shawn loves being in the kitchen. With this baking prize he is on his way to make some sweet treats!



## Contact Us

Please send feedback/ contributions regarding our monthly newsletter to:

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Visit us on the web at [www.hav-it.org](http://www.hav-it.org)

## Welcome!



**Michelle Bauer**  
DSP Substitute



**Robbie Casserly**  
DSP



**Nannette Parsons**  
DSP

## Did you celebrate National Hat Day on the 15th?



Take care of your body, it's the only one you get.

### BOARD OF DIRECTORS

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*Be somebody who makes everybody feel like a somebody.*

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Austin is enjoying our new fidget sensory items created by the very talented Craven family!



**Our favorite sequence of photos is Megan making pretzels. She had so much fun and they turned out beautifully!**



**BLUE & PURPLE**

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes

- plums
- prunes
- purple figs
- raisins

**RED & PINK**

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons



**EAT MORE COLOR**

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

**GREEN**

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale

- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

**ORANGE & YELLOW**

- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

**WHITE**

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

**"A smile is a curve that sets everything straight."**

**EAT SMART MOVE MORE BE WELL**

[heart.org/HealthyForGood](http://heart.org/HealthyForGood)

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**COOKING IS CREATING!**

**Sharing with friends make everything taste better!**

