

Reducing homelessness while increasing human flourishing

Homelessness is an entrenched social challenge with complex causality. This issue caught the attention of Aurora Mayor, Mike Coffman. I commend him for living among the homeless searching for a strategy to assist and prevent this overwhelming social issue. We know homelessness effects young and old, families and singles in diverse population groups. It is in cities, the suburbs, and even rural communities. It effects the disabled as well as the able-bodied, men, and women as well as those who do not identify as either.

Studying the NIH Report on Homelessness, I am struck by the enumerated characteristics of the homeless which are outlined in the report as individuals who experienced: Abuse, neglect, violence, non-marital childbearing,

family dysfunction and estrangement, lack of familial and social supports, alcohol and drug abuse, depression, isolation, suicide ideation and other more chronic mental health issues, lack of stability, lack of job skills, and educational failure. Few homeless people are connected to a faith community.

It would be too simplistic and even unkind to characterize individuals who might be struggling with the issues mentioned in the report. This is a very complex social capital issue related to adverse childhood experiences and some watershed moments in lives compounded by multiple factors that would put people in the position of being homeless.

So how do we address this issue. First, we need to provide adequate services to help and heal. We must provide these services with dignity and respect valuing the inherent worth of every individual. To reduce future homelessness,

we need to address the underlying drivers of violence, non-marital childbearing, academic failure, substance abuse, family dysfunction and estrangement, neglect and all the other issues outlined above. We need to work with new moms and teach them how to care for themselves, their heart, and their emotional well-being. We need to teach them skills to nurture their babies. We need to teach youth and adults relationship skills to develop healthy sup-

portive connections. We need to teach skills regarding life planning, emotional and social wellness, self-regulation regarding drugs and alcohol and conflict resolution. We need to assist individuals with identifying life meaning and purpose. We need to help facilitate connections in support groups with like-minded individuals who are emotionally mature and healthy.

Recently I was invited to be a member of the Harvard Human Flourishing Study Global Consortium. This study team developed 6 Domains of Human Flourishing after examining several models and theoretical frameworks of health and well-being utilized across the globe. The Harvard researchers created something simple and operationalized social capital concepts making them usable to infuse in edu-

cation, social services, public health, business, and public policy. The Harvard Human Flourishing Domains are:

1. Mental and Physical Health
2. Happiness and Life Satisfaction
3. Virtue and Character
4. Meaning and Purpose
5. Close Social Relationships
6. Material and financial stability.

The Center for Relationship has infused these domains into the curriculum we train and teach across population groups with children and adults alike. By serving the homeless with dignity and respect, getting them the help they need, and adding a prevention modality to the strategy to reduce homeless, we can make a difference in the lives of many individuals and families.

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FOR THE LOVE OF RELATIONSHIPS
BY JONEEN MACKENZIE

Kellner

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every situation. Nevertheless, Kellner plans to look hard and be transparent about what he finds.

The new DA also plans to continue his work as a cold case prosecutor. That is what brought him into the office in 2012 and an area in which he has achieved much success. He also plans to increase referrals to the adult diversion program and would like to open up a diversion office in Aurora. He explained that a diversion program is where you take the case out of the criminal justice system and try to address the underlying issues in the hope that there will not be any further offenses.

Another important area of focus for Kellner is getting ready for the legislature-approved break-up of the 18th judicial district scheduled for January 7, 2025. It will begin with the first election of a district attorney for the newly-created 23rd judicial district comprised of Douglas, Elbert, and Lincoln counties, leaving only Arapahoe County in the 18th. He told us he is, "creating more standalone units in the future jurisdiction so that they have a structure in place when the 23rd comes along."

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Introducing Dr. Donna Smith, Ph.D. in clinical nutrition

The Villager would like to welcome Dr. Donna Smith as a contributing writer to the paper.

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (N.D.), Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith owns Advanced Clinical Nutrition (est. 1981) in Wichita Falls, Texas, where she provides a Clinical Nutrition Analysis of Laboratory Reports (blood, urine, saliva, stool, hair and genetics), Testing, Therapy and Consultations to identify the abnormal findings of clinical and sub-clinical nutritional deficiencies and excesses, toxicity, biochemical imbalances and organ, gland and body system dysfunctions, all of which precedes the development of disease. A Clinical Nutrition Analysis is different from a medical analysis of laboratory reports.

From her Clinical Nutrition Lab findings, Dr. Smith designs and dispenses therapeutic, whole food supplements, which are clinically-formulated to be dispensed by nutritional health care provider, in addition to a Therapeutic

Dietary Plan, which is a list of foods selected for their specific food chemistry effect on the individual's biochemistry as identified in their test results, in order to attain optimal test values and thereby, restore and maintain health, as well as prevent disease.

Dr. Smith has a success rate of over 90% helping her clients improve their health, no matter what their current health challenges,

and her clientele currently reside in 47 U.S. states and seven international countries.

Dr. Smith is also a freelance nutritional health writer and has written over 100 articles for Internet and traditional magazines, such as the American Chiropractic Magazine, the largest chiropractic magazine in the United States.

She is interviewed and invited to speak on NBC and ABC local television and national radio networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, national groups of scientists and biochemists at the American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University, Optimist Clubs, Business and Professional Women's Club, Women Entrepreneurs, Worksite Well-

ness, and American Heart Association, to name a few.

To contact Dr. Smith, call

(940) 761-4045 or visit her website at www.AdvancedClinicalNutrition.com



OH WHAT FUN IT IS TO READ!

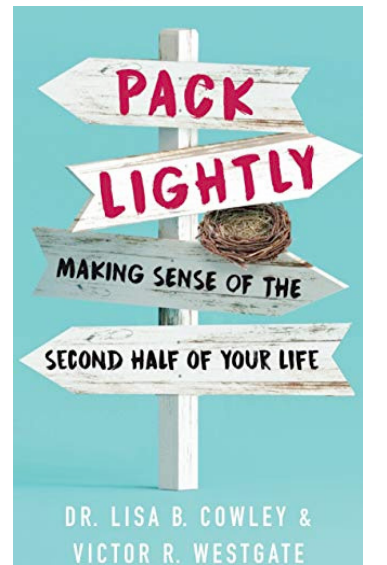


Pack Lightly

The subtitle of this book is *Making Sense of the Second Half of Life*. Dr. Lisa B. Cowley and Victor Westgate published this book in 2019. It is inspiring for the baby boomer generation desiring to engage in "successful aging". The authors endeavor to help the reader discover what is next after retirement.

The parts that particularly resonated with me were the prompts in Chapter One to help search for an ideal home and community to age in place. I also appreciated the chapter towards the end of the book that dealt with looking at our mortality. I am a fan of getting affairs in order, discussing and getting clarity on end-of-life issues and wishes as well as releasing to the best of our abilities our fear of death and dying.

Other topics covered were



To learn more about Lisa and her books, visit her website, www.LisaJShultz.com. To read more book reviews, follow her on Goodreads, www.goodreads.com/LisaJShultz. Lisa loves speaking to groups, and she would be happy attend your book club. Call her at 303-881-9338.

connection and spirituality, self-care, diet, exercise, healthy lifestyle choices, sleep and stress mitigation. The book is thoughtfully and positively presented. I recommend it to my baby boomer friends!

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