



HOPE

**Telecare's 2021 Recovery Calendar
Celebrating Health, Healing, and Growth**

About the Recovery Calendar

Happy New Year! We hope this coming year brings you health, happiness, and joy.

This year's calendar theme is **Hope**. The featured authors are staff and members from a wide spectrum of Telecare programs, geographic areas, and varying levels of care who submitted their work as a way to reflect their thoughts and feelings about where hope lives in their lives, and how they look for it on their journey. We at Telecare strive to hold hope for everyone we serve because we believe that with hope, recovery is possible, even though it may look different to everyone.

This year, we included themes relating to our **Recovery-Centered Clinical System (RCCS)** that is used as the basis for how we serve others and try to meet them wherever they are in their journey. Use the links at the bottom of each month to read more about how to implement an RCCS practice in your daily life so that the RCCS can become a new lifestyle and mindset.

Telecare's Mission

Telecare's mission is to deliver excellent and effective behavioral health services that engage individuals with complex needs in recovering their health, hopes, and dreams.

For more information, visit Telecare's website: www.telecarecorp.com.



**Telecare
Corporation**

Calendar Resources

Each year, there are many opportunities to observe and celebrate diversity, individuality, and inclusivity. The dates recognized in Telecare's 2021 Recovery Calendar are sourced from publications by the United Nations, and the Anti-Defamation League. Many cultures and religions follow a traditional calendar system that is often based on the phases of the moon with occasional adjustments for the solar cycle. Specific dates may vary by geographical location and according to different sects within a religion. Note that Bahá'í, Jewish and Islamic holidays begin at sundown the previous day listed.

For more resources, please visit the links below:

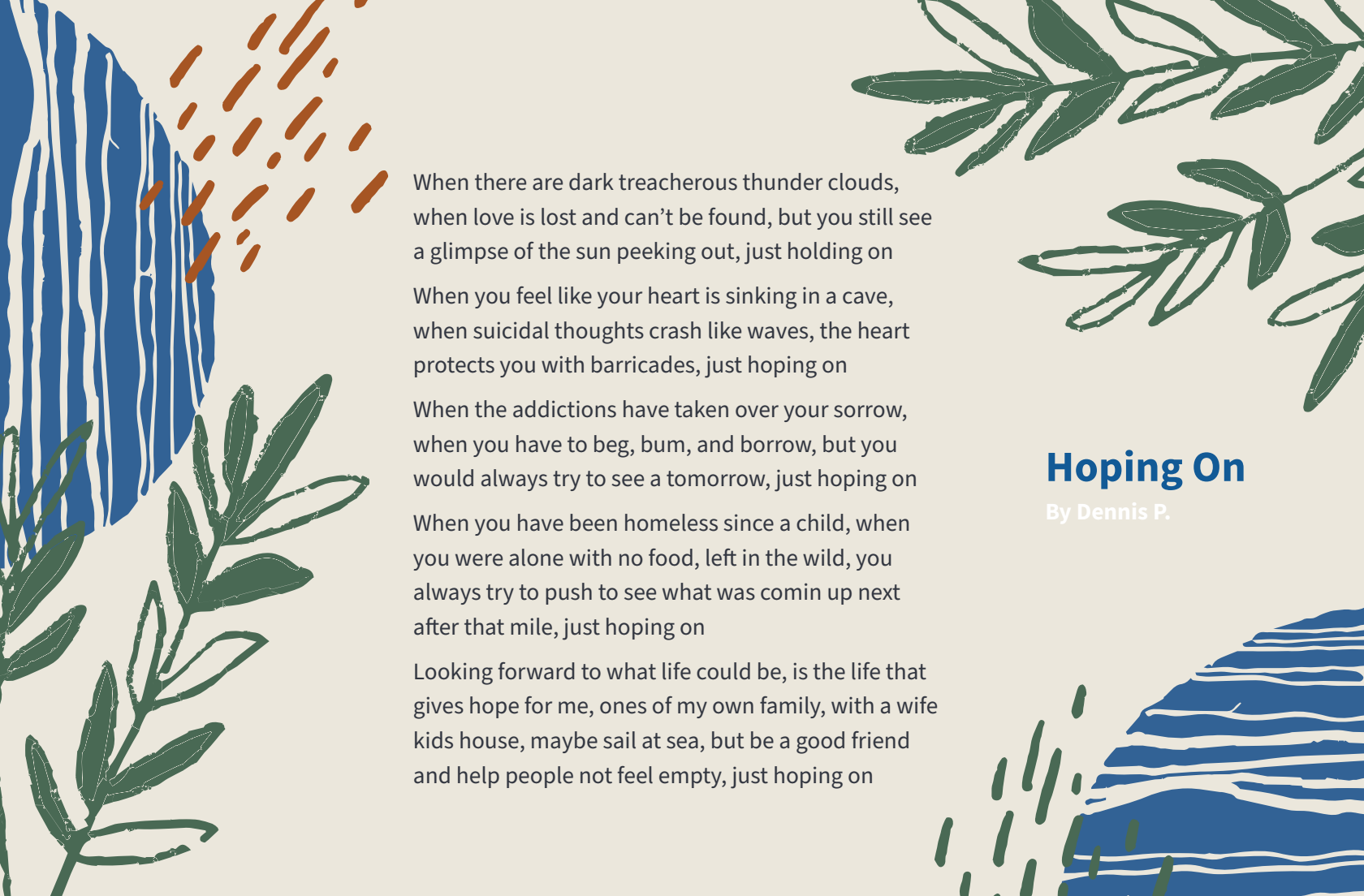
- **UN International Days:** www.un.org/en/sections/observances/international-days/
- **Anti-Defamation League:** www.adl.org/education/resources/tools-and-strategies/calendar-of-observances

Telecare's Cultural Humility, Equity, and Inclusion Statement

As a family- and employee-owned organization, we are committed to respect, growth, and partnership. We believe our investment in cultural humility, equity, and inclusion (CHEI), as a strategic priority will allow us to help live our values more fully and grow to be a more effective and powerful provider.

For more information, please visit the link below:

- **Telecare's Diversity & Inclusion:** www.telecarecorp.com/diversity-inclusion



When there are dark treacherous thunder clouds,
when love is lost and can't be found, but you still see
a glimpse of the sun peeking out, just holding on

When you feel like your heart is sinking in a cave,
when suicidal thoughts crash like waves, the heart
protects you with barricades, just hoping on

When the addictions have taken over your sorrow,
when you have to beg, bum, and borrow, but you
would always try to see a tomorrow, just hoping on

When you have been homeless since a child, when
you were alone with no food, left in the wild, you
always try to push to see what was comin up next
after that mile, just hoping on

Looking forward to what life could be, is the life that
gives hope for me, ones of my own family, with a wife
kids house, maybe sail at sea, but be a good friend
and help people not feel empty, just hoping on

Hoping On

By Dennis P.


January 2021

RCCS Theme: Awakening Hope

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 New Year's Day	2
3	4 World Braille Day	5 Guru Govind Singh Jayanti	6	7 Eastern Orthodox Christmas	8	9
10	11	12	13	14 Makar Sankranti	15	16
17 World Religion Day	18 Martin Luther King, Jr. Day	19	20	21	22	23
24	25	26	27 UN Holocaust Memorial Day	28 Mahāyāna New Year Tu B'Shvat	29	30
31	1	2	3	4	5	6

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-awakening-hope


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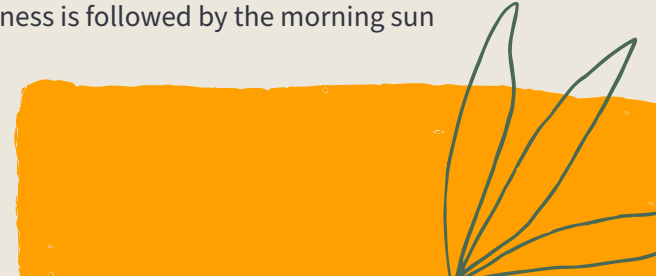
We Weep, We Sob, We Celebrate

By Barbara A.

Walking through the days of life
We celebrate
Marking another milestone
While living in the twilight zone
We look, we find
See there
Comfort in the darkness
Comfort with calamity hidden in the air
Comfort for the people of the world
discerning the true light that is theirs
We stand, we live, we walk, we breath
We are not alone
We celebrate
Tears
Somehow they fall
We know not why
While the cities the countries continue



Their agonizing cry
As humanity struggles to understand the fall
To understand it all
And the sacrifices to many to recall
As the Grandchildren just out of reach
Must stay where they are
No matter how close
No matter how far
For the calamity in the air
Not visible to the eye
Has caused hundreds of thousands to die
And yet once again we celebrate
As the people of the world discover they are one
And the darkness is followed by the morning sun



February 2021

RCCS Theme: Power-With

Black History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 National Freedom Day	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12 Lunar New Year	13
14 Valentine's Day	15 Parinirvana Day Presidents' Day	16	17 Ash Wednesday Random Acts of Kindness Day	18	19	20 World Day of Social Justice
21	22	23 National Eating Disorders Awareness Week	24	25 Ayyám-i-Há Begins	26 Purim	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-power-with

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Hope Is

By Katiana B.

Hope is a positive state of being.
It is about the possibility and expectation
of a situation ending in a good way.
It is the belief that life can do what YOU say and
be more than astray.
I asked my daughter what hope was one day,
She said it is the light in the dark,
Sometimes hard to find.
Like when you get home from work and see your
kids, or the checker at the market was super kind.

It's about the allowing this thing in our minds to
become something tangible, something we can lend
to each other in a time of need.
My belief is that hope can be strong enough to
conquer ugliness and greed.
Hope can be given, shown, and will plant the seed.
For recovery, for a journey, for a new life indeed.

March 2021

RCCS Theme: Independence

Women’s History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	1 Zero Discrimination Day	2	3 World Wildlife Day	4	5	6
7 Social Worker Appreciation Week	8 International Women’s Day	9	10	11 Maha Shivaratri	12	13
14 Daylight Saving Time Begins	15	16	17	18	19	20 International Day of Happiness Vernal Equinox
21 International Day for the Elimination of Racial Discrimination	22	23	24	25	26	27
28 Passover	29 Holi Hola Mohalla	30	31 César Chávez Day	1	2	3
4	5	6	7	8	9	10

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-independence

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Makakilo

By Kimberly P.

Together we are here
On our honeymoon in Hawaii
Celebrating our time of love
In a new Ferrari
As we listen to the waves
Crash up and down
At 3:33 p.m. close to an old Hawaiian town

Makakilo is the name
That lets me drift away
Back to a place that I used to know
And I couldn't have done it without you, Gordon, as we both grow.
This place resembles peacefulness filled with tranquility
One day, sooner than later, it will be our serenity.

April 2021

RCCS Theme: Resilience

Genocide Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 April Fool's Day	2	3
4 Easter Sunday	5	6	7	8 Yom HaShoah	9	10
11	12	13 Ramadan	14 Vaisakhi	15	16	17
18	19	20	21 Rama Navami Administrative Professionals' Day	22 Earth Day	23	24 Armenian Martyr's Day
25	26	27	28	29	30 Lag BaOmer	1
2	3	4	5	6	7	8

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-resilience

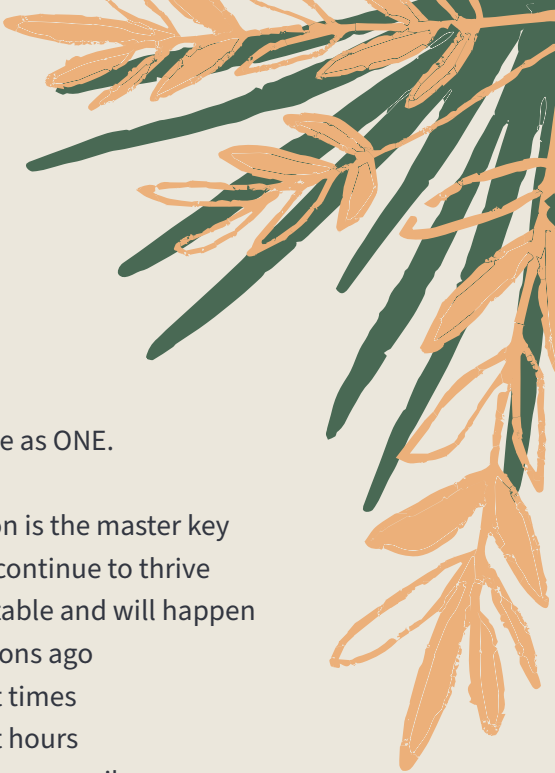
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I, Too

By Matthew T. W.

I have shared some of the same
Struggles that you have all walked on.
I too have been on that path before.
I too was that golden child
I too was that sinner
We are only human, and humans do make mistakes
That goes without saying, but I said it anyway
Without darkness, the stars would not
Shine so brightly during the night.
Without sadness, happiness would not feel so great.
There is always two of everything.
A right or a wrong, a night or a day, a man or a woman,
Or even a sun and moon, plus many more
But it always takes two



Which will combine as ONE.
Unity is the goal
But communication is the master key
So, as us humans continue to thrive
Mistakes are inevitable and will happen
Just like many moons ago
During the darkest times
During the darkest hours
The truth will always prevail.
So, shine your light to everyone,
And may today be the day
That you start on a
New path

May 2021

RCCS Theme: Reducing Stigma

Mental Health Awareness Month
 Asian/Pacific American Heritage Month
 Jewish American Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 International Worker's Day
2	3	4	5 Cinco de Mayo	6 Nurses Appreciation Week	7	8 Laylat al Qadr
9 Mother's Day	10	11	12	13 Eid al-Fitr	14	15
16	17 Shavout	18	19	20	21 World Day for Cultural Diversity	22
23	24	25	26	27	28	29
30	31 Memorial Day	1	2	3	4	5

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-reducing-stigma

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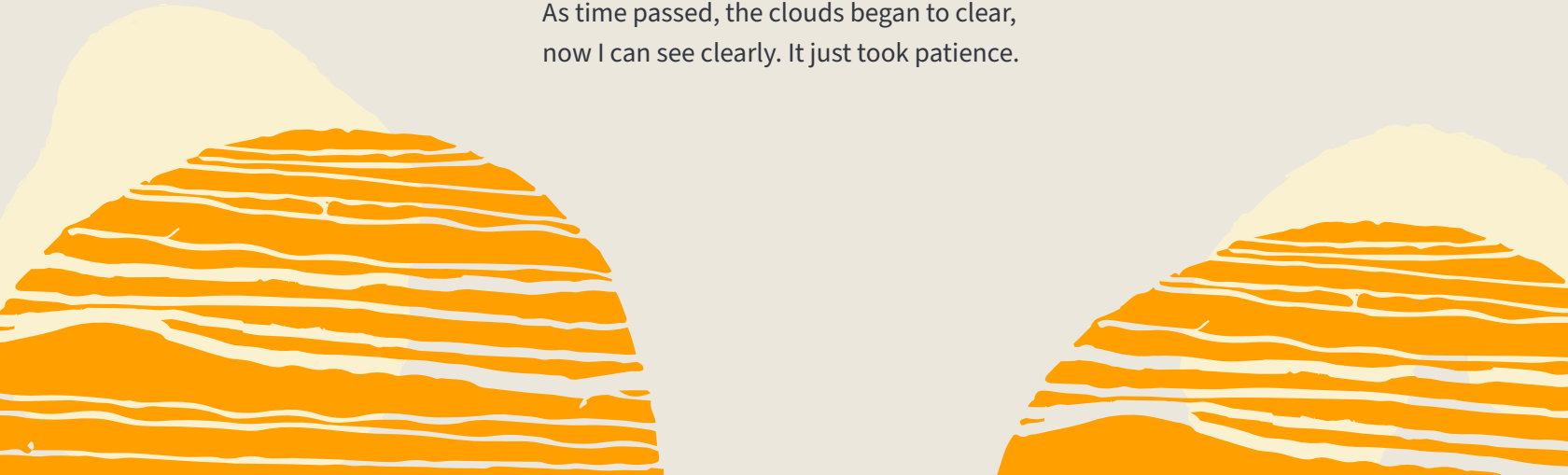


Head in the Clouds

By Toni Q. L.

I was told my head was in the clouds,
I was able to see.

As time passed, the clouds began to clear,
now I can see clearly. It just took patience.



June 2021

LGBTQIA+ Pride Month

RCCS Theme: Individual Uniqueness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 World Environment Day	2	3	4	5
6	7	8	9	10	11	12 Loving Day
13	14	15	16	17	18	19 Juneteenth
20 Father's Day Summer Solstice World Refugee Day	21	22	23	24	25	26 Anniversary of Legalization of Same-Sex Marriage in the U.S.
27	28	29	30	1	2	3
4	5	6	7	8	9	10

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-individual-uniqueness

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Hope

By Anonymous

Hope is hidden between the skies, clouds
or maybe it glows down, light the
down days, like rainy days that drown.

Is hope in the bushes — no.

Is it behind the trees — maybe.


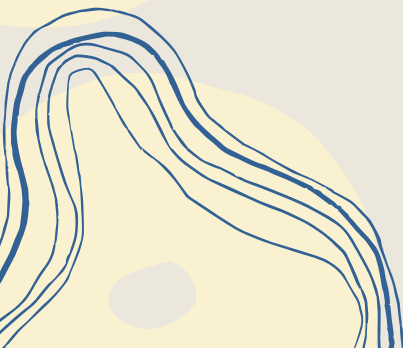

Hope is like the wind.

You can see it with your face.

Kissing you softly — don't give up on the case.

Go slow, and methodically.

There is no race.



July 2021

RCCS Theme: Judgment

Black, Indigenous, and People of Color (BIPOC)
Mental Health Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Tisha B'Av	19	20 Eid al-Adha	21	22	23	24 Dharma Day
25	26 Americans With Disabilities Act (ADA) Day	27	28	29	30 International Day of Friendship	31
1	2	3	4	5	6	7

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-judgment

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This, Too

By Jenn W.

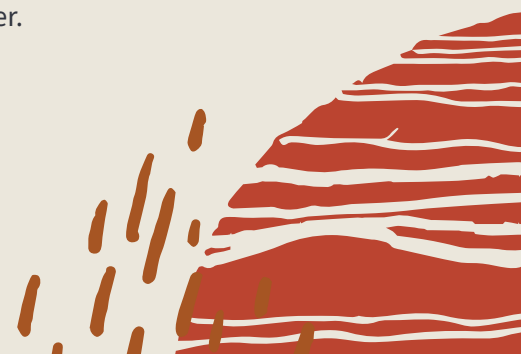
I've been in and out of ice now more than once,
enough to expect I'd be used to the feeling,
but by far the last years have been too numb.

I'd changed myself past the point of reinvention
but was still surprised when old fears took new forms;
still yet seeking self-trust, I start over, again.

I know my lack of balance goes both ways,
often an over-under compensation.
Self-sufficiency's no excuse for isolation.

I'm left with a last image:

I don't know where fish go when waters freeze over.
But they are there, somehow
when winter ends, after the thaw.



August 2021

RCCS Theme: Making Connections

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 Muharram International Day of the World's Indigenous Peoples	10	11	12 International Youth Day	13	14
15	16	17	18 Ashura	19 World Humanitarian Day	20	21 Senior Citizen Day Raksha Bandhan
22	23 International Day for the Remembrance of the Slave Trade and its Abolition	24	25	26 Women's Equality Day	27	28
29	30 Krishna Janmashtami	31	1	2	3	4
5	6	7	8	9	10	11

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-making-connections

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Redwood Place is where I live, with peers and staff and all of the support they give.

They respect my boundaries and always put up with my clownery.

When I am feeling down, I can always count on them to build me up.

At meal times, they always fill me up!

My peers and staff are trustworthy and they always remind not to worry.

Peers and staff are always there to talk to me, and they always give me positive energy.

They think they can beat me at any game we play, but when it comes to basketball and UNO, I can beat them all day.

Telecare is Hope

By Nathaniel L.

They always care about me and whatever I say, they never doubt me.

My mentor has a great personality and whenever I am in a bad space, she always gives me a dose of reality.

Everyone here is kind and nice and they never treat me like a sack of rice.

At Telecare I know I can be successful, and with staffs' help I know all of my dreams are possible.

In conclusion, my situation is far from perfect, but with Redwood Place has helped me cope.

With my peers' and staffs' endless support, I can definitely say they bring me HOPE.

September 2021

RCCS Theme: Our Strengths

National Recovery Month
Suicide Prevention Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5 International Day of Charity Suicide Prevention Awareness Week	6 Labor Day	7 Rosh Hoshanah	8	9	10 Ganesh Chaturthi	11
12	13	14	15 National Hispanic Heritage Month	16 Yom Kippur	17 Constitution and Citizenship Day	18
19	20	21 Sukkot	22 Autumnal Equinox	23 Bi Visibility Day	24	25
26	27	28 Shemini Atzeret	29 Simchat Torah	30	1	2
3	4	5	6	7	8	9

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-our-strengths

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When I Was Little I Drew Rainbows

By Elizabeth E.

When I was little I drew rainbows,
I drew them all the time.

I drew them on everything,
No reason, no rhyme.

When I was little I drew rainbows

What happened to that girl?

The one happy in her time.

Playing Barbies, no cares in the world?

When did the darkness come,

When did it creep?

Why and when did it fester and snuggle in so deep?

When I was little I drew rainbows.

October 2021

RCCS Theme: Empathy

National Bullying Prevention Month
 National Disability Employment Awareness Month
 LGBTQIA+ History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2 International Day of Non-Violence
3	4	5 World Teacher's Day	6	7	8	9
10 World Mental Health Day	11 Coming Out Day Indigenous People's Day	12 Navratri Begins	13	14	15 Dussehra	16
17 International Day for the Eradication of Poverty	18	19	20	21 Mawlid al-Nabi (Sunni)	22	23 Mawlid al-Nabi (Shi'a)
24 United Nations Day	25	26	27	28	29	30
31 Halloween	1	2	3	4	5	6

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-empathy


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HOPE

By Marti

I was a dry and dusty thought
Looking for myself so I bought
That I would always be numb and lonely,
Forever lost and only.
Waiting for a glimmer of something bright
Frozen in the solitary night
Sleepless nights and dreamless sleep
Praying for my soul to keep.
Then slowly I heard your voice in the quiet,
Some call you hope, some say you're the highest
In a moment you went from stranger to friend
Now, I knew this was a beginning and not the end.
Your transparency made my mind clear
The closer you came your love became near
I did not recognize you at first
Then, you exploded HOPE like a burst
Now my life does not look the same
You not only came but you also stayed.
There is a peace now that reigns and hope that remains
So grateful for the new, made only possible by you.



November 2021

RCCS Theme: Gratitude

Adoption Month
National Family Caregivers Month
Native American Heritage Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Día de los Muertos All Saints' Day	2 All Souls' Day Election Day	3	4 Diwali	5	6 Birth of the Báb
7 Birth of Bahá'u'lláh Daylight Saving Time Ends	8 Birth of the Báb	9 Kristallnacht	10	11 Veterans Day	12	13
14	15 American Education Week	16 International Day of Tolerance	17	18	19 Guru Nanak Jayanti	20 Transgender Day of Remembrance
21	22	23	24	25 Thanksgiving Day Day of the Covenant	26	27
28 Advent Begins	29 Chanukah Begins	30	1	2	3	4
5	6	7	8	9	10	11

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-gratitude

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Once We Held Hands

By Carol H.



Once we held hands when we walked to school,
We laughed and we danced and we acted like fools.
At Christmas we sang songs in front of our fake fireplace
And though our tree wasn't big, love filled the space.
There was someone in our lives we both held dear
An angel sent by God, and when she was near.
She gave us hope for our tomorrows, and love for all our days.
The loving way she guided us, made us who we are.
The same two people who use to wish upon a star.
But now were grown, and the years have taken their toll.
But the love we have shall never grow old.
So if you call, I'll be around.
To put your feet back on the ground,
And to pick up the pieces, that have fallen apart.
Because to you my sister. I have given my heart.

December 2021

RCCS Theme: Choice Making

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 World AIDS Day	2	3 International Day of Persons with Disabilities	4
5	6	7	8 Bodhi Day	9	10 Human Rights Day	11
12 Our Lady of Guadalupe	13	14	15	16	17	18
19	20	21 Winter Solstice	22	23	24	25 Christmas Day
26 Kwanza Begins	27	28	29 Wounded Knee Day	30	31 New Year's Eve	1
2	3	4	5	6	7	8

Read more about the RCCS Theme:
www.telecarecorp.com/blog/rccs-choice-making

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