

FALL 2009



# BAYSIDE BEACON

### Helping Clients With:

- Individual Therapy Sessions for Children, Adolescents and Adults
- Family Therapy
- Couples Therapy
- Group Therapy
- Community support through Educational Presentations in Local Schools

### Contact Information

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**Email me directly from my website!!**

**I am currently accepting new clients!**

## Welcome To My First Newsletter

Hello! My name is Dena Otrin and I am the owner and counselor at Bayside Counseling. I am pleased to share with you information about my business while highlighting other small business owners / friends in the area. I hope you find the collaboration of these articles to be helpful and informative. The theme of this newsletter is health and wellness in different aspects of ones life. Enjoy!!

## Financial Struggles Impacting Family Ties

The current economy and job layoffs have caused many people to change their priorities, focusing more on decreasing their spending habits, downsizing their expensive recreational activities and spending more time at home with family. During these stressful times people are thinking more about what would make them happier and more fulfilled in their lives and ways to strengthen the bonds within their families.

I have noticed my clients and members of the community re-evaluating the time they spend with their families. Yes, due to financial constraints people are home more with their children and families, but there seems to be more of a desire to build and strengthen family bonds than in the recent past. Families have reinstated "Family Fun Night" and are having more dinners together at home and talking about their day. Shutting off the television is a great way for families

to promote discussion and interaction. This change in priorities is also encompassing a desire to help others. Family togetherness can also be strengthened when everyone volunteers for activities like Habitat for Humanity, local soup kitchens or humane societies.

Due to financial constraints people are looking to reconnect with their families and engage in activities on a budget. There are many low or no-cost activities that are fun and build family cohesiveness: Have lunch at a park or a town beach and bring a kite or bikes. Explore local museums and libraries and learn about the history of your town. Check out the walking and hiking trails that are available through open space in your community. Camping out in the backyard is a great way to experience being a part of nature and still be close to home. Start a new tradition or hobby with your children... this could bring

years of enjoyment and give your children skills that they can pass on to future generations. Create a garden and watch the excitement in your children's eyes when they see something grow that they planted and cared for. Get involved in local sports teams or town organizations.

As you can see the possibilities for family fun and reconnecting with your children are only limited by your creativity. People engaging in these types of activities are finding more happiness and fulfillment in their days and feel closer to their families. Everyone benefits from these experiences. Once you start these activities it is important to make them a part of your routine. With every family activity you are building memories for years to come.

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**Dream Catchers are a fun art project and great for helping with children's nightmares.**

**“The jump is so frightening between where I am and where I want to be... because of all I may become I will close my eyes and leap”**

**- Mary Anne Radmacher**

## **Overcoming Children's Fears: Helpful Tips for Parents**

Children will feel fear at some time in their lives. Toddlers may exhibit fear with separation from parents, loud noises, when potty training or at bedtime. Pre-school children can feel fear with being afraid of the dark, thinking there are monsters in their closets, or not wanting to go to bed. School-aged children can experience feeling afraid when faced with new situations, meeting new people, fearing the loss of a parent or not fitting in with peers.

Fear is often a normal response to new tasks and challenges within stages of development and when exposed to environmental changes. In most cases, with support, comfort, and reassurance from caregivers and with positive experiences of perceived fearful events, childhood fears are diminished over time.

Here are some helpful tips for parents to help their children deal with fear:

Respect and understand the child's fears and feelings. It is important to talk about the child's fears, identify any triggering events and reassure in a positive way that

you will help to make things better. Avoid put downs such as “don't be a baby” You must be responsive to your child's feelings and their need for caution.

It is important to avoid being over-protective of your child: don't let them avoid what makes them fearful. Encourage your child without forcing a child into fearful situations all at once. When exposing your child to a fearful object or event it is important to keep the exposure in small doses. Allow your child to challenge their fears at a comfortable pace versus forcing them to make steps they are not ready to make. Parents may need to push a little harder for some children that refuse to make any moves, but do so in a supportive way. Support with praise and encouragement such as “you can do it” and recognition for success such as “you did awesome...I knew you could do it”. Remind your child of past fearful episodes that they overcame and help them build a basis for self-confidence through their successes.

Show your child how to handle feelings of fear by using deep breaths, saying a

prayer, singing a song, or using their imagination to change something scary to something funny. A child may also benefit from a nightlight, reading a children's book about a scary situation with a happy ending, or having a special routine or comfort item at bedtime.

Hold your child close, speak in a soft calm voice - comfort and reassurance can be essential to helping a child when feeling fearful about a situation or event. How one responds or reacts to your child's fears can greatly influence how they can handle these situations in the future. As a parent it is important to build your child's self-confidence and self-esteem to help them feel they can overcome fears and be proud of their successes.

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### **Question for your Journal...**

Look at your life right now in this moment, what are you waiting for? What are you hoping to change before you can relax and enjoy? Notice what you are feeling, are you happy right now? What can you change to make you happy in this moment? What steps can you take to move into the direction you want to be? That is where you find your happiness.

**April Ann D'Amato**

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## Teacher Retirement Workshop - Register Now

**The Morgan School  
Clinton, CT**

**Tuesday December 8<sup>th</sup>  
7:00-9:00pm**

Learn about:

- Pension options - Plan N v. D and when to retire
- 403(b)s new 2009 regulations
- How to take income from your assets
- Maximize your pension with life insurance

- 1% account and Voluntary account options
- Health Insurance and social security
- Long-term care insurance
- Roth IRA's and Roth IRA Conversions

Call and schedule a complimentary confidential consultation or join us at our workshop first!

Call: 860-669-9900 ext. 1

Leave your name, phone #, school system and # of attendees (spouses can attend) or email me at:

tracy.mackinstry@LPL.com

**Tracy A. MacKinstry, CFS**

**MacKinstry Financial and Investments, LLC**

**Educators Retirement Consulting**

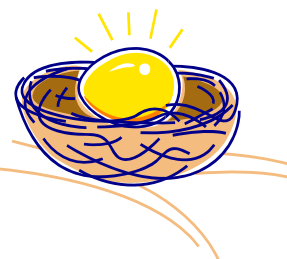
**9 Old Post Road Clinton, CT**

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**Time to build your  
Nest Egg**

## Autumn on the Connecticut Shoreline

Leaf raking is great family team-building fun. To help minimize sore muscles, I'll share some entry-level stretches which include each muscle group you'll use while raking and hauling. This entire warm-up takes only five (5) minutes. Stretch your muscles only to the point where you feel a tug and hold. STOP if you feel any pain! Hold each stretch for 30-45 seconds.

### **Standing, Leg-up Bent Knee Hamstring Stretch**

Stand with one foot placed on a chair or other stable object at about knee height. Let your heel drop off the edge of the chair. Keeping your back straight, move your chest toward your raised thigh. If you shift your weight forward over your raised knee, you should begin to feel a pull where your buttocks meet your raised leg. Keep the heel of your lower foot on the floor and be sure your toes are facing

weight (chest remains on raised thigh) back, you will feel a tug in the calf of your leg on the ground. Repeat with the opposite leg.

### **Standing Reach Up Back Rotation Stretch for the Low Back**

Stand with your feet shoulder width apart. Raise your arms above your head and grasp the opposite elbow. Be sure to keep your back straight and your shoulders dropped. As a unit, slowly rotate your arms, head and shoulders to one side. Be aware of keeping your tummy tucked and your weight directly above your hips. Slowly come back to center, drop your arms and breathe. Repeat, rotating to the opposite side

### **Bent-Arm Shoulder Stretch**

Stand with your feet shoulder width apart. Move one arm straight across the front of your body. Pull your elbow toward the opposite shoulder with the other forearm and bend the cross-body arm to 90 degrees. Repeat on the opposite side.

### **Forearm Stretch; Palms Out**

Interlock your fingers with palms together. Straighten your arms in front of you at shoulder height and rotate your palms out so they're now open and facing away from you.

### **Upper Arm Stretch**

Stand with your feet shoulder width apart. Place one hand behind your neck with the elbow pointing up. Grasp the elbow with the opposite hand and pull until you feel the tug in your upper arm. Breathe. And repeat on the opposite side.

### **Diagonal Flexion Neck Stretch**

Stand with your feet shoulder width apart. Allow your chin to drop forward toward your chest. Gently lean your head to one side. You should feel this stretch all the way down your neck to your shoulder blade.

Leaf raking can be a chore or a great time to build fun family memories; it's all in how you look at it. Enjoy and remember to B-R-E-A-T-H-E!!

**P. J. Pape, LMT**  
**Licensed Massage Therapist**  
**[www.ShorelineMassageWorks.com](http://www.ShorelineMassageWorks.com)**

Visit our website for services!



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## Visit our Website to:

- Learn about Dena Otrin, LPC
- Email Dena directly
- Check the Insurance Companies and Employee Assistance Programs that we accept
- See All Group Offerings and Download PDF of Flyers
- Get Directions

## Current Group Offerings:

**Child Anger Management Group**  
**Teen Survival Skills Group**  
**New Parent Support Group**  
**Young Girls Anxiety Support Group**  
Referrals being currently accepted!  
**NEW!!**

### Healthy Bodies, Healthy Minds

Educational group for children ages 9 to 12 to explore the relationship between how we are feeling and what we eat. Co-facilitated with Amy King, RD, CD-N. Referrals being currently accepted! This group is funded by the Leipold Foundation!

### UPCOMING... New Year, Re-New You

Woman's one day workshop co-facilitated with April Ann D'Amato. Watch our website for details!

## Nutrition News: Fuel Up With A Healthy Breakfast



### Whole Wheat Blueberry Pancakes

#### Healthy Recipe

#### Ingredients:

2 cups whole-wheat flour  
2 teaspoons baking powder  
2 cups fat free milk  
Egg substitute equal to two eggs or four egg whites  
1 tablespoon olive oil  
1 cup blueberries

#### Directions:

Mix baking powder into whole-wheat flour. Whisk milk, eggs and olive oil in small bowl; add to dry ingredients and stir until just moistened. Gently fold in blueberries. Using a nonstick pan or grill, spoon about 1/8-cup of batter per pancake.

Fry about one minute or until top bubbles, turn and fry another minute or so; serve hot.

These pancakes freeze exceptionally well.

It's that time of year again; the kids are back in school! Be sure you're children start off their day right with a healthy breakfast! Breakfast is the most important meal of the day, and often the one most neglected. Eating breakfast fuels the body to help provide energy, better concentration and problem solving ability throughout the day. It also helps with maintaining a healthy weight.

Those that skip breakfast tend to eat more calories throughout the day, and are more likely to feel tired, restless and

irritable. Children who eat breakfast routinely are also more likely to meet their daily nutrition needs.

Breakfast is when the body refuels its glucose (blood sugar) after fasting all night during sleep. Glucose is essential for the brain and is the main source of energy. It also helps fuel the muscles for physical activity throughout the day.

Studies have shown eating breakfast gives children what they need to stimulate learning. Children who eat breakfast

compared with those who rarely eat breakfast:

- Learn better
- Achieve more (better math and reading scores)
- Participate in class more often (decreased anxiety)
- Behave better
- Attend school more often
- Visit the school nurse less often

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Amy is currently accepting new clients.