



CornerBridge Newsletter December 2011

Welcome to CornerBridge and Concord Peer Support

CornerBridge and Concord Peer Support provide a vast array of relevant peer support services. These services are developed, implemented and facilitated by the members of CornerBridge and Concord Peer Support for their individual as well as collective recovery from severe and persistent mental illness. Our mission is to advocate and empower individuals to take control of their own wellness and recovery, and work mutually with others to affect change.

Mission Statement

The Lakes Region Consumer Advisory Board is the foundation for US to reach our goals and change our lives by changing the perception the larger community has of US.

We are people learning strategies of Recovery, Wellness, and Empowerment. Lakes Region Consumer Advisory Board is a Peer Support network, enabling US to reach our goals and change our lives by nurturing our personal strengths.

Our vision is to create a culture that Promotes responsibility for Recovery, Wellness, Empowerment, and Advocacy for oneself and others while acknowledging the Divine right we have as Human Beings.



*Come and visit us ~
Our door is always open.*

“Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.” ~ SAMHSA National Consensus Statement on Recovery

To keep update on happenings at CornerBridge visits our website: www.nhcornerbridge.org and check out our web calendar.

We are open 10:00am to 4:00pm every day ~ come have a cup of coffee and share warm talks with friends.

*Lakes Region consumer advisory board
oversees both Cornerbridge and
Concord Peer Support*

We're Open 10am - 4pm
7 Days a Week!
328 Union Ave
PO Box 304
Laconia, NH 03246

Warmline ~ 5pm - 10pm
7 Days a Week!
1-800-306-4334

All About Christmas tree Care

The first thing to do after you Have bought your Christmas tree is to get it home and into its stand as quickly as possible. A Christmas tree should never be mounted dry, but rather in a container of water that is replenished on a regular basis. Using a small hand-saw, cut about an inch off the bottom at a slight angle to aid water absorption. Make sure the tree is mounted securely in its stand and that the tree itself is positioned away from open flames or heat sources which may dry it out prematurely. After your tree has been mounted, the decorating begins. A properly maintained tree is not a fire hazard, but common sense is important too. Candles or open-flame ornaments of any kind are never, ever to be used. Check lights to ensure that the bulbs are working properly, that the cords are not frayed and that the connections are secure. Never leave lights on when no one is at home. Once the tree is up and decorated, sit back and enjoy.



Who's in Control Around Here? ~ {It Should Be You!}

What you'll need: Five undisturbed minutes. Choose a quiet place where you feel comfortable. Close your eyes and begin to breathe deeply. After a few deep breaths, focus on clearing out your "icky" energy. Take a minute and ask any negative energy that's hanging around to hit the road. Continue to breathe. Notice your breath start to slow down and become a steady flow of inhales and exhales. Breathe--- For the next five minutes, try quieting your mine chatter, Stop thinking about what you're going to do as soon as the exercise is over, how you're going to meet your work deadlines or what you're going to make for supper. Release thoughts about yesterday or last week or last year. The goal here is to stop thinking about the past or the future and to learn what it feels like to be present. Breathe – Let your worries and anxiety drift away. Sit in this place of stillness for as long as feels right for you.



Bus Schedule for CornerBridge ~

Please call 528-7742 if you have any questions or need a pick up

Tuesday – Thursday – Saturday <ul style="list-style-type: none">● Pick-ups<ul style="list-style-type: none">10 am pick up at Tavern10:10 am pick up at Sunrise Towers10:15 am pick up at Lakeport Apartments	Tuesday – Thursday – Saturday <ul style="list-style-type: none">* Return Back<ul style="list-style-type: none">2:30 pm drop off at Lakeport Apartments2:40 pm drop off at Tavern2:45 pm drop off at Sunrise Towers
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Holiday Stress Management: How to Handle Stress

Identify the specific causes of your holiday stress. What are the factors that causing the most stress and anxiety for you? Money worries? Underling tensions with certain family members? Then do what you can to address those issues. Try to find free holiday activities or gifts'. Come up with ways you can either resolve or temporarily set aside conflict with feuding family members.

Let go of perfection. Don't put too much emphasis on making everything decorations and feasts were prepared by teams of designers. Since you probably don't have a full time staff at your disposal, set more realistic expectations for yourself.

Make a list. Santa isn't the only one who should be making a list. Write down your wish list of things you'd like to accomplish and be ruthless about whittling it down to things you must do. Would it be great to hand-make gifts and give out gorgeously- decorated cookies baked from scratch to friends, family, your child's teachers and the mailman? Sure is it realistic for you to try to do that and still be able to do things like, oh, sleep? Only you can decide for yourself. Talk to a friend. Take a break from holiday shopping and preparation to call a friend or meet her over a cup of tea. Letting out your feeling to a supportive friend can be an invaluable, and an important way to relieve holiday stress or any kind of stress and anxiety.

Let others help. If you're feeling overwhelmed by the idea of having to cook an entire meal for Christmas or decorating for a party or tending to houseguests, have others pitch in. Why not make Christmas meals pot luck and have family members bring something to the table? If you have a relative who is crafty, ask that person to organize the decorations. Grade school age children can also help by doing chores such as vacuuming or sweeping floors and tidying up rooms. You can even hire a neighborhood teen to come and lead your kids as they clean and organize the house so that you can tend to other holiday preparations.

Get in some exercise. Hectic holiday schedules can often throw a wrench into regular routines, such as making time for exercise and eating a healthy diet. Ironically, not taking care of yourself can cause more stress and anxiety, leading to a vicious circle of holiday stress.

Recharge Even if your hectic holiday schedule only allows you to spend a few minutes on yourself, take that time to go someplace quiet, in a church or a walk in a park. You could even take yourself to a day spa for a manicure and quick neck massage. Another quick and no cost idea, go into an empty room in your house, hang a do not disturb sign on the door and do some stretches while listening to some music.



Health Tips for the month of December Healthy Eating Tips

1. Cut down on sugar – Tired all the time? Easy prey for every bug that's going? Beat winter health downturn by cutting back on sugary foods, which make white blood cells less able to combat nasties. Up your intake of fresh fruit and veggies to keep immunity high.

2. Keep temptation hidden - It's a good idea to stock up slowly on festive goodies and spread the cost – but be sure to hide them away – well away – where you won't be tempted before the holiday. Don't make your careful shopping habits an excuse to turn Christmas into a month long binge of unhealthy eating.

3. Eat more fresh vegetables – Serve a large mixed salad as an appetizer before the main course to take the edge off hunger and give you a valuable serving of fresh veggies.

4. Plan to eat healthy – Keep up the exercise even though the weather is colder. Wrap up warm and walk briskly, every day. You're bound to be hungry when you return, so before you leave set out a healthy snack, put soup in a pan, get whole meal bread into the toaster ready to go, or fill a small bowl with dried fruits and nuts. Make healthy eating easy and you won't be tempted to reach for cookies.

5. Reduce consumption of booze – Cut back on alcohol in the run up to the holiday season. When you feel like a drink, wait for a while before you begin on the alcohol and pour a fruit juice or tomato juice into an attractive glass, add ice, lemon and sip slowly. It soon becomes an easy alcohol reducing habit.



Our Pet Corner.



Winter Health Tips for our Pets

1. Antifreeze which often collects on driveways and roadways is highly poisonous. Although it smells and tastes good to your dog. It can be lethal.

2. Rock salt used to melt ice on sidewalks, may irritate footpads. Be sure to rinse and dry your feet after a walk.

3. Provide plenty of fresh water. Your dog is just as likely to get dehydrated in the winter as in the summer. Snow is not a satisfactory substitute for water.

4. Frostbite is your dog's winter hazard. To prevent frostbite on its ears, tail and feet, don't leave your dog outdoors for too long.

5. Be very careful of supplemental heat sources, Fireplaces and portable heaters can severely burn your dog. Make sure all fireplaces have screens and keep portable heaters out of reach.

6. Like people dogs seem to be more susceptible to illness in the winter. Take your dog to a vet if you see any suspicious symptoms.

7. Don't use human over the counter medications on your dog without consulting a vet.



Notes from Linda ~ CornerBridge Program Director

Hi to all our friends, the holiday season has started with our monthly birthday party on November 3. We had people who live in Laconia go vote on November 8, small turn out. On Veteran's Day there was ceremonial for the vets at Veteran Square. The members enjoy the new programs World News and Maintenance Class. We attended the Consumer Council meeting on November 15 and went to the Food Bank on the 16th.

Our Big Thanksgiving Dinner is on November 23, please try to attend and a thank you to Hart's Turkey Farm for our dinner. Now starts out Christmas season shopping at the Christmas Tree shop on November 29. We have an on going raffle for CornerBridge the drawing is at the Christmas party December 21 and Christmas Dinner will be the next day at noon -Please come see us we have things plan sing and baking etc, all are welcome. The van will be given rides to the Christmas Parade on November 26, Call us for information. Please come join us please don't be alone, we are here for you!

Merry Christmas!

Linda Cormier Lamontagne Program Director



Cook's Corner



Veggie Squares

2[oz] Pillsbury Crescent Rolls

Place crescent rolls on cookies sheet {some people use 1 ½ rolls}
stick all seams together

Cook crescent rolls 11 min. Cool completely

Mix ½ cup Mariel's Poppy Seed Dressing {I used another because
I could not find Mariel's}

½ package of Dry Hidden Valley Ranch Dressing

8oz. cream cheese softened

Spread mix on cooked and cooled crescent rolls on cookie sheet

Now add ¼ cup chopped celery, 1/4 cup chopped red onion, ¼ cup chopped green pepper,
1/4 cup chopped red pepper and ¼ cup broccoli florets chopped.

Sprinkle chopped vegetables evenly over the top cool in refrigerator.

Cut into squares and serve ENJOY!!!!

From Becky Dow Board Member ~ Thank You Becky

Please send us your recipes to put in Newsletter



What is Warmline you ask?????

The caller had lost his job and his motivation. All he had accomplished that day was to shave. He spoke of family, the coming holidays and of his child.

Like many of us, he simply needed to hear a voice and to know someone was listening to him.

That's exactly what he got when he dialed the Peer Support Warm Line, a non-crisis call line.

The Warm Line is operated by volunteers who are recovering from mental illnesses. Who better to advise or direct callers who might be feeling anxious, isolated and unloved?

Unlike a hot line where callers need immediate intervention, a warm line offers comfort. The people who answer the phone don't diagnose or treat, but they listen and sometimes bring in their own experiences.

Warm lines don't replace hot lines; they complement them. There are systems in place for people in a serious crisis, suicidal or being threatened. But if you call the crisis line when you are truly not in a crisis, you won't be able to talk to anyone.

A person in recovery, is trained to be a peer support specialist. That person can understand a caller's needs because they have been in the same position. Most callers just want someone to talk to.

Only one volunteer is on duty at a time, so sometimes the volunteer will have to place a call on hold to answer another. Recent studies have found that peer-run warm lines have reduced the number of individuals who are hospitalized, especially with those who call after 5 p.m.

Mental illness is a very isolating illness. People don't go out because it is very uncomfortable for them to be around other people.

The numbers are likely to increase for the peer support center and the warm line during the holidays. The holidays are difficult for everyone, and if you complicate that with a mental illness, it just makes it even worse. They are struggling with being isolated anyway, and then you compound that with old memories and family issues.

Because this time of year can be stressful, the CornerBridge and Concord Peer Support Center are open and run groups on Saturdays and Sundays, too. Classes to build computer skills to become more employable and classes for social skills also are available. The center's motto is "consumer run, consumer driven." All services are free.



**Call our Warmline
1-800-306-4334
7 days a week ~ 5-10pm**

If you are dealing with any difficult situation and want to talk with somebody or you want to share something that happened in your day, you can call us.



Q. Who do I contact for more information about CornerBridge and the Concord Peer Support?

A. David LaCroix, Executive Director ~ CornerBridge and Concord Peer Support
328 Union Avenue
PO Box 304
Laconia, NH 03247
603-528-7742
lrcab1@metrocast.net

Linda C. Lamontagne, Program Director
CornerBridge
328 Union Avenue
PO Box 304
Laconia, NH 03247
603-528-7742
linda.cornerbridge@metrocast.net

Kimberly Drysdale, Program Director
Concord Peer Support
55 School Street
Concord, NH 03301
603-224-0083
cornerbridge@comcast.net

Cindy Robinson, Outreach
CornerBridge ~ Plymouth Area Pemi Valley
Outreach
630-412-7050