

CORNERBRIDGE NEWSLETTER

November/December 2010

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 composed of members that have been, or are presently involved in the mental health system.

Our primary mission is to advocate for, and empower persons; assist them the control their own lives and to influence and work jointly with resources that affect them.

We seek to remain cohesive, intact, and victorious.

We offer consistency, warmth, predictability, acceptance, appreciation, and within this framework we seek to flourish, and provide opportunities for education, information and referral.



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



HOLIDAY PET SAFETY CHECKLIST

You can help keep pets safe during the holiday season by following the tips below.

- * Many holiday plants can lead to health problems in dogs and cats. Among the plants to keep out of reach are holly, mistletoe, poinsettias and lilies.
- * Snow globes often contain antifreeze, which is poisonous to pets.
- * Pine needles, when ingested, can puncture holes in a pet's intestine. So keep pet areas clear of pine needles.
- * The extra cords and plugs of holiday lights and other fixtures can look like chew toys to pets. Tape down or cover cords to help avoid shocks, burns or other serious injuries. Unplug lights when you are not home.
- * Anchor Christmas trees to the ceiling with a string to keep it from falling on pets.
- * Do not let pets drink the holiday tree water. Some may contain fertilizers, and stagnant tree water can harbor bacteria. Check labels for tree water preservatives and artificial snow, and buy only those that are nontoxic. Some folks use screens around trees to block access to electrical cords and gifts.
- * Pets, particularly cats, can be tempted to eat tinsel, which can block the intestines. Hang tinsel high and securely to keep it out of reach of pets.
- * Keep other ornaments out of reach of pets. Ingestion of any ornament, which might look like toys to pets, can result in life-threatening emergencies. Even ornaments made from dried food can lead to ailments. And remember, shards from broken glass ornaments can injure paws, mouths and other parts of the body.
- * Put away toys after children open their gifts. Small plastic pieces and rubber balls are common causes of choking and intestinal blockage in dogs. Ingested plastic or cloth toys must often be removed surgically.
- * Avoid toxic decorations. Bubbling lights contain fluid that can be inhaled or ingested, snow sprays and snow flock can cause reactions when inhaled, styrofoam poses a choking hazard, tinsel can cause choking and intestinal obstruction, and water in snow scenes may contain toxic organisms such as Salmonella.



CornerBridge Happenings

Lots of new happening at CornerBridge. As we entered the house we could see how busy Linda has been rearranging furniture and cleaning. Thank you Linda for all your hard work with a great group effort the house has been transformed for the holidays.

We are blessed as the holiday season begun with Thanksgiving dinner on wed November 22nd at CornerBridge in Laconia. CornerBridge was given the gift of an amazing meal from Hart's Turkey Farm. We want to say thank you for this wonderful meal!!!!

The menu included Turkey, Potatoes, and gravy yummm... the rest of the meal consisted of sweet potatoes and mixed vegetables. Becky Breton – Dow a new board member supplied the ingredients and the teaching skills in helping us prepare our own dessert Apple Crisp that was wonderful and is featured as our recipe of the month. Other board members brought in other desserts for all to share.



A great big thank you for all who joined us to celebrate and thank you David for carving our turkey!

We have quickly moved into the holiday season by setting up our Christmas tree with trimmings, cocoa and cookies.

Following our Holiday Dinner on December 23rd we will be having a sing-along please come join us.

Other happenings are daily feelings discussions at 10:30am. Every Tuesday in December we will be watching a Holiday movie. We are implementing IPS/nutrition discussions on Mondays, Wednesdays and Thursday. Come learn and share ideas on eating healthy and staying healthy. On Tuesdays come join our exercise group where we are learning ways to help us feel better emotionally and physically. Arts and Crafts are held on Wednesdays at 12:30pm.

Come join us to bake and decorate Christmas cookies on December 22, 2010. These cookies will be part of our dessert table for our Christmas dinner on December 23, 2010 at 12:00. If you would like to join us please drop by.



To keep update on happenings at CornerBridge visit 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.



Cook's Corner



Apple Crisp

Our members for our Thanksgiving Day Dinner made this delicious recipe

This perfect recipe was so much fun to put together. Great time was had by all from peeling apples to mixing up the topping as well as being in line when it came out of the oven! YUM YUM

4 medium tart cooking apples, sliced (4 cups)

$\frac{3}{4}$ cup packed brown sugar

$\frac{1}{2}$ cup all-purpose flour

$\frac{1}{2}$ cup quick-cooking or old-fashioned oats

$\frac{1}{3}$ cup butter or margarine, softened

$\frac{3}{4}$ tsp. ground cinnamon

$\frac{3}{4}$ tsp. ground nutmeg

Whipped Cream or ice cream, if desired

1. Heat oven to 375 degrees. Grease bottom and sides of 8-inch square pan with shortening.
2. Spread apples in pan. In medium bowl, stir remaining ingredients except cream until well mixed; sprinkle over apples.
3. Baked about 30 minutes or until topping is golden brown and apples are tender when pierced with a fork. Serve warm with cream.



Board Notes

Did you know that a Board of Directors from each peer support Agency oversees CornerBridge and Concord Peer Support? Did you know that board meetings are open to all members?

It is a huge responsibility that the board has to make sure that member's voices are heard and we include them in our meetings. We are always looking for new members so come to a meeting and see how you can help .

Meetings are the last Wednesday of the month. Transportation is available. If you would like to serve on the board please speak with David LaCroix.



What's A warmline you ask.....

The warm-line is a significant and powerful resource. We operate the warm-line seven days a week. The Warm-line helps to keep people connected and supported during difficult times that the centers are not open. The current hours of operation are from 5:00 PM until 10:00 PM. We will review this periodically and adjust the hours as needed if possible. We currently have three people that work on the warm-line, and others trained to fill in when needed. They have training specific to warm-line telephone support. They are not a suicide hot-line, but have had specific training so that they can assist someone to contact the appropriate people. We are proud and fortunate to have one staff person that has worked the warm-line for four years.



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



Wellness tips from peers:

Stress ~ When you're stressed walk away from the situation. Take a walk, call a friend, or take a bath.

The Good Part about Me ~ I come up with one thing everyday I like or have improved about myself to remind myself that I have a positive side.

Try something new ~ Celebrate the holidays in a new way.

Friends ~ Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven't heard from in a while.

Volunteering ~ Do something for someone else. Try volunteering some of your time to help others.

Enjoy activities ~ that are free, such as taking a drive to look at holiday decorations, going window shopping or making a snowperson with children.



What is Intentional Peer Support?

Intentional Peer Support is a way of thinking about purposeful relationships. It is a process where both people (or a group of people) use the relationship to look at things from new angles, develop greater awareness of personal and relational patterns, and to support and challenge each other as we try new things. IPS has been used in crisis respite (alternatives to psychiatric hospitalization), by peers, mental health professionals, families, friends and community-based organizations.

IPS is different from traditional service relationships because:

- It doesn't start with the assumption of "a problem." Instead people are taught to listen for how and why each of us has learned to make sense of our experiences, and then use the relationship to create new ways of seeing, thinking, and doing.
- IPS promotes a 'trauma-informed' way of relating- instead of asking 'what's wrong' we think about 'what happened'?
- IPS looks beyond the notion of individuals needing to change and examines our lives in the context of our relationships and communities.
- Peer Support relationships are viewed as partnerships that enable both parties to learn and grow- rather than as one person needing to 'help' another.
- Instead of a focus on what we need to stop or avoid doing, we are encouraged to move towards what and where we want to be.

Simply Put ~ IPS Intentional Peer Support is when you make a positive "**connection**" with a fellow peer and share your "**worldview**" with them. You then establish a "**mutuality**" in that interaction. This helps you determine your way to "**moving toward**" a positive goal.

To learn more visit our Resource List on our website: www.nhcornerbrige.org

For more information on mental health and peer support, see www.mentalhealthpeers.com



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

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