



CornerBridge Newsletter

October 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 ~

“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

*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

Mental Health Awareness Week ~ Oct. 3, 2011 thru Oct. 8th, 2011



October Gardening Chores

- Removing dead and non-productive vegetable crops.
- Ordering seed and garden catalogs.
- Remove all peppers in case of frost.
- Reduce watering as temperature drops.
- Watering plants as needed.
- Being attentive to the effects of the cold dry winds.
- Planting potted trees and shrubs in the ground.
- Placing cold sensitive potted plants in protected areas or indoors.
- Planting bulbs.
- Prune and munch perennials.
- Storing and repairing tools.
- Fertilize with 20-9-9 or 15-15- Trees without leaves need little or no watering.
- Picking pumpkins, squash, colored corn, and other crops for Thanksgiving decorations.
- Finish all digging and construction projects before winter.
- Bring in wood and kindling to storage areas.
- Repair roofs on sheds and house.
- Add fallen leaves to compost pile.
- Be prepared for chilling frosts.
- Collect seeds from plants.
- Start pruning berry vines.



“It takes a long time to grow an old friend” John Leonard

Get Your Green Thumb Ready More Planting Hints Next Month. If you have any planting hints please call or write in and let us know so we can put them in the Newsletter.



Words of Wisdom: “ Find the person who will love you because of your differences and not in spite of them and you have found a lover for life.”

Bus Schedule for CornerBridge ~

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

<p>Tuesday – Thursday – Saturday</p> <ul style="list-style-type: none"> • Pick-ups 10 am pick up at Tavern 10:10 am pick up at Sunrise Towers 10:15 am pick up at Lakeport Apartments 	<p>Tuesday – Thursday – Saturday</p> <ul style="list-style-type: none"> * Return Back 2:30 pm drop off at Lakeport Apartments 2:40 pm drop off at Tavern 2:45 pm drop off at Sunrise Towers
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Bullying at School

Bullying at school and online Bullying affects ALL of our children — those who bully, those who are victimized, and those who are witnesses or assistants to interpersonal violence. We can and must reduce this age-old problem. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the bus, in the neighborhood, over the Internet or anywhere.

When Your Child or You are a Bystander of Bullying

1. Tell your child not to cheer on or even quietly watch bullying
2. Encourage your child to tell a trusted adult about the bullying.
3. Help your child support other children who may be bullied. Encourage your child to include these children in activities.
4. Encourage your child to join with others in telling bullies to **STOP**.

Adult Bullying

You may not hear a lot about adult bullying, but it is a problem. One would think that as people mature and progress through life, that they would stop behaviors of their youth. Unfortunately, this is not always the case. Sadly, adults can be bullies, just as children and teenagers can be bullies. While adults are more likely to use verbal bullying as opposed to physical bullying, the fact of the matter is that adult bullying exists. The goal of an adult bully is to gain power over another person, and make himself or herself the dominant adult. They try to humiliate victims, and “show them who is boss.”

When most people think of bullying, they think of physical bullying. However, bullying goes beyond the physical and can encompass the verbal. It may seem strange, but verbal bullying can be just as harmful - in different ways - as physical bullying. With verbal bullying, the goal is still to degrade and demean the victim, while making the aggressor look dominant and powerful. All bullying focuses on creating a situation in which the victim is dominated by the aggressor. And this can happen verbally as well as physically.



In many cases, verbal bullying is the province of girls. Girls are more subtle (and can be more devastating), in general, than boys. Girls use verbal bullying, as well as social exclusion techniques, to dominate others and show their superiority and power. However, there are also many boys with subtlety enough to use verbal techniques for domination, and who are practiced in using words when they want to avoid the trouble that can come with physically bullying someone else.

Effects of verbal bullying

Many victims of verbal bullying are affected in very real ways. Verbal bullying can affect one's self image and affect someone in emotional and psychological ways. This type of bullying can lead to low self-esteem, as well as depression and other problems. It can aggravate problems that a victim may already be experiencing at home or in other places. In some cases, verbal bullying can reach a point where the victim is so depressed, and wants to escape so badly, that he or she may turn to substance abuse - in some extreme cases - suicide. In the end, words have a power

all their own, and the realities of verbal bullying can have very physical consequences, even if the aggressor never lays a finger on the victim.

Dealing with verbal bullies

Verbal bullying can be hard for teachers and other authority figures to detect, since no physical harm takes place. You should be aware of what is going on in your child's life, and be a place that he or she can turn if verbal bullying is taking place. Some signs that your child might be experiencing verbal bullying include reluctance to go to school, complaints that no one likes him or her, prolonged depression, a drop in school performance or drastic changes in eating and sleeping patterns.

It is difficult to deal with verbal bullies, but there are some things that your child can try in order to avoid bullies. It takes a lot of effort, though. Here are some things that may help your child deal with a verbal bully:

- **Ignore the bully:** This is difficult, but if you can shrug off insults and provide no reaction, there is a chance that eventually the bully will move on to someone who provides a more interesting and responsive target.
- **Tell an authority figure:** A trusted teacher can make things a little easier, by being on the lookout for bullying behavior. Unfortunately, it is hard to catch verbal bullies, and even harder to punish them, since it is difficult to prove that they have been involved in such behavior. But telling someone at school can be a relief.
- **Remain civil:** Do not resort to rudeness yourself. Many bullies lose interest if you do not sink to their level. Also, if you act rudely and aggressively yourself, you may invite a physical confrontation, which could add physical hurts to the emotional.
- **Try to focus on your friends:** If your child has loyal friends, encourage him or her to focus on those friends so that they have some positive influences. Additionally, a victim that is surrounded by friends can dissuade a verbal bully from engaging.
- **Look for other sources of enjoyment:** After school activities and other interests and hobbies can help you take your mind off of the verbal bullying.

In the end, it is quite difficult to stop verbal bullying. However, you can set a good example for your children by speaking kindly of others, and not resorting to rudeness yourself. This is quite important, since many verbal bullies first learn to dominate others with words by listening to their parents, and how they interact with others.

More on Bullying in our next newsletter!!!!

Suicide continues to be one of the leading causes of death among children under the age of 14. Bullycide is a term used to describe suicide as the result of bullying. New bullying statistics 2010 are reporting that there is a strong connection between bullying, being bullied and suicide, according to a new study from the Yale School of Medicine. Suicide rates are continuing to grow among adolescents, and have grown more than 50 percent in the past 30 years.

Help Developing Good Homework and Study Habits for Children and Adults Returning to School

Help Developing Good Homework and Study Habits

1. Create an environment that is conducive to doing homework. Youngsters need a permanent workspace in their bedroom or another part of the home that offers privacy.
2. Schedule ample time for homework.
3. Establish a household rule that the TV set stays off during homework time.
4. Supervise computer and Internet use.
5. Be available to answer questions and offer assistance, but never do a child's homework for her.
6. If you choose a commercial after-school program, inquire about the training of the staff. There should be a high staff-to-child ratio, and the rooms and the playground should be safe.
 - * Support activities that interest your child.
 - * Alert school officials to the problems and work with them on solutions.
 - * Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

Adults

General study tips

As an adult student you may be juggling a full work load along with the demands of school, family, and a social life, drastically limiting the amount of study time available to you. The following tips can help you make the most out of the time that you do have.

Regularly-scheduled part of your week

Ideally, make a weekly schedule identifying when you will study, and post that where you and your family can see it. This way others can be sensitive about respecting the time you need to get your classwork done. Also, this way you've made an "appointment" with yourself to do your classwork, which is a good way to stay motivated.

Develop a regular study area

Make sure this area ensures some privacy, is quiet, is well-lit, contains all the materials you need, and is comfortable.

Keep an ongoing "To Do" list

Update this To-Do list daily or once a week, and circle or put a star by the things that need to be done first. You can also use a "To Do" list to write down any worries or reminders to yourself that may distract you while you're studying. By writing these things down, you can clear your mind for studying.

Studying difficult subjects

If you're taking more than one class at a time, study difficult subjects and those you don't find very interesting first, when your energy level is higher. Don't put those off until it's midnight and you can only think about sleep.

Take regular breaks

Don't try to study for hours on end -- you'll just become tired and less productive that way. Study for 45 minutes or so, then take a break.

Take time for review

Spend up to 15 minutes before class reviewing your previous notes and assignments and spend up to 15 minutes after class looking over your notes from that day. This regular review reinforces information, making it easier to study for tests. It also makes it easier to stay on track with your day-to-day assignments.

Get enough rest

Try to get enough rest so you will be ready to concentrate when you want to study. Fatigue leads to poor learning and even poorer retention of information.

Find some help

For difficult courses, set up a study group with other students from your course. If a course is especially difficult for you, or if you feel that you have a poor background for a course you're taking, sign up for a free tutor at Hawley. Working with a tutor is a great way to learn at your own pace and to review difficult information. Remember, it is a good idea to get a tutor at the beginning of the course.



Change: The first reaction to change is resistance. Nobody likes change. But you need to kick old habits, and work on your weaknesses. Remember that every change is a step towards progress. It is better to keep moving on, than to stagnate.

Health Tips for the month of October

Honey! My throat hurts ~ When you're starting to get scratchy sore-throat feeling, try these soothing solutions:

1. A dollop of honey in a warm lemon drink or herbal tea.
2. Gargle with warm salt water [1 tsp of salt in a cup of water]
3. Suck on sugar-free throat lozenges, hard candy or ice pops.
4. To help you sleep, try a humidifier or vaporizer with a little eucalyptus oil in your bedroom.



Start Popping

Popcorn's a whole grain, after all [a fact less than a quarter of us realize, according to a recent study]. Even better: Regular popcorn eaters get in about two-and-a-half servings of whole grains daily, while non-popcorn munchers consume less than one. So go ahead and snack on this puffy treat all you want- air-popped and sans butter, of course.

Hand Washing

Keeping hands clean through improved hand hygiene is one of the most important steps you can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use **soap and available water**. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.



Our Pet Corner

Ah, fall—there's nothing like crisp, cool air, the first months of school and luscious foliage to get you excited for the changing seasons. Your pet, too, is probably welcoming the break from hot, sticky weather. But pet parents, beware—fall is also a time of lurking dangers for our furry friends. From household poisons to cold weather hazards, the season is a minefield! Here are some tips to keep your pet snug and healthy during the autumn months.

- Fall and spring are mushroom seasons. While 99 percent of mushrooms have little or no toxicity, the 1 percent that are highly toxic can cause life-threatening problems in the pets. Unfortunately, most of the highly toxic mushrooms are difficult to distinguish from the nontoxic ones, so the best way to keep pets from ingesting poisonous mushrooms is to keep them away from areas where any mushrooms are growing. Contact your vet or the ASPCA Animal Poison Control Center immediately if you witness your pet eating a wild mushroom.
- The use of rodenticides increases in the fall as rodents seek shelter from the cooler temperatures by attempting to move indoors. Rodenticides are highly toxic to pets - if ingested, the results could be fatal. If you must use these products, do so with extreme caution and put them in places inaccessible to your pets.
- It's back-to-school time, and those of you with young children know that means stocking up on fun items like glue sticks, pencils and magic markers. These items are considered "low toxicity" to pets, which means they're unlikely to cause serious problems unless large amounts are ingested. However, since gastrointestinal upset and blockages certainly are possible, be sure your children keep their school supplies out of paw's reach.
- Autumn is the season when snakes who are preparing for hibernation may be particularly "grumpy" increasing the possibility of severe bites to those unlucky pups who find themselves in the wrong place at the wrong time. Pet owners should know what kinds of venomous snakes may be in their environment – and where these snakes are most likely to be found - - so they can keep pets out of those places.
- Many people choose fall as the time to change their car's engine coolant. Ethylene glycol-based are highly toxic, so spills should be cleaned up immediately. Consider switching to propylene glycol-based coolants-though they aren't completely nontoxic, they are much less toxic than other engine coolants.

Check Out Pet Corner Next Month for More Autumn Tips



Hi My Friends, I have missed seeing a lot of you this summer but I know it nice to be outside in the nice weather. CornerBridge has had a busy month. The United Way Day of Caring was on September 9, 2011 the day started with a breakfast at Sacred Heart Hall in Laconia to meet our volunteers. Then back to the house to start painting. They painted the hall, living room, dining room, and kitchen. Plus Gilford Lowe's donated all the paint, brushes, pans, and rags etc. We had people from all over the community and high school students who volunteered to help paint. This was great to see. We had a lunch for them.



CornerBridge had a table for Multicultural Market Day on Sept. 10, 2011 .Our workers were Linda L. Kathy S. Bob S. and Dan P. at the table .We gave out flyers and apples which were donated Smith's Orchard in Belmont.

The members were give vans rides to and from the affair .We are getting the house back together and will be starting some new programs in October [see the list below] .We hope to have a open house soon. Please plan on stopping by and seeing the place please let us know.



Happy Halloween come to our Halloween party on the 31st.

SEE YOU SOON !!!!!!!!.

Linda Lamontagne Program Director



Our Weekly Activities

1. Walking Group- walking about for exercise or pleasure around the area here near Corner Bridge – 4 days a week- Monday thru Thursday [Linda]
2. Feelings – each person writes down their feelings and why they feel this way –this is a great time for us to talk to one another – Monday thru Sunday [with all peers]

Mondays

1. Community Meeting – we all meet to go over trips, special days of the month to come and menu – Monday every other week [with Linda and all peers]
2. Life Skills-to go over any knowledge and practice to be able to do daily act ivies that will help us live our life well -1 day a week [with Linda]
3. News and Currants Events – Talk about the news in our community and surrounding areas- 1 day a week [with Linda]
4. IPS – Intentional Peer Support- 1 day a week – [with Linda]

Tuesdays

1. Computer Assistance – help with questions and problems with the computer or assist with typing a letter or paper for them- 1 day a week [with Linda] peers can use computer every day if wanted
2. Current Events – Newspaper is read and discussed also current events in the community – 1 day a week {with Val]
3. WRAP – Wellness Recovery Action Plan and Peer Support- 1 day a week [with Linda and Val]

Wednesdays

1. Self Esteem – Talk about and discuss favorable opinion of ones self 1 day a week [with Linda]
2. Book Club – peers pick out a book they would to read together –and we read it weekly and discuss what we have read – 1 day a week [with Linda]
3. Arts and Crafts – making things, drawing and painting 1 day a week [with Linda]

Thursdays

1. World News – read, talk, and discuss world news – 2 times a month [with Kathy]
2. Nutrition and Cooking – the process of knowing what food is nourish and to prepare food to be cooked for the meal and cook it- 1 day a week [with Linda]
3. Music and the theory of Music – talk and discuss music and listen to it – 1 day [with Dan]

Fridays

1. Coupons and Saving – Cut out coupons for the house and peers – talk about saving money – 1 day a week – [with Val]
2. Caring for Houseplants and Outdoor Plants – watering the plants and garden also weeding – discussion about plants – 1 day a week [with Val]
3. Meditation and Relaxation – relief of bodily and mental remission and attempt to effect a peaceful mind – 1 day a week [with Val]

Saturday

1. Games and Cards –play games like bingo and cards -1 day a week [with Val]

Sundays

1. Maintenance – a class on doing small repairs around the house – 1 day a week [with]
2. Movies – peers pick out movies for afternoon viewing – 1 day a week – [with Bob]
3. Staff Meeting and Co supervision –every 2 weeks on Thursdays –all staff

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



Apple Crisp

Filling

5 Granny Smith apples, peeled, cored, cropped small
¼ cup finely chopped pecans
3 tablespoons all purpose flour
½ cup brown sugar
2 tablespoons maple syrup
1 tablespoon lemon juice
¾ cup all-purpose flour

Topping

¾ cup all-purpose flour
1/3 cup brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon salt
6 tablespoons chilled butter, cut into pieces
¼ cup coarsely chopped pecans

Directions

Preheat oven to 350 degrees F

For the Filling ~ Mix all the ingredients together. Place into 7 to 8 ounce ramekins

For the Topping ~ Mix the flour, brown sugar, cinnamon and salt in large bowl. Blend the butter into the mixture until it forms pea's size lumps. Stir in pecans and sprinkle over filling

Bake crisps for 35 to 40 minutes before serving

Apple Nobby Cake

A yummy cake that is a family favorite!

Ingredients

1 c. sugar	1/2 tsp. baking soda
1/4 c. shortening	1/2 tsp. baking powder
1 egg	1/2 tsp. salt
3 c. chopped apples	1/2 tsp. cinnamon
1 c. flour	1/2 tsp. nutmeg
1 tsp. vanilla	

Directions

Cream sugar and shortening together. Add eggs and vanilla, mix well. Sift flour and spices together, then add to first mixture. Fold in apples. Place in a greased 8 x 8 pan.

Bake at 350 for 45 minutes.

Thanksgiving Dinner Recipes next Month

Cook's Corner



What is 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**

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

Live Well! It's Essential for Your Potential

We all go through stressful times. In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or stress that lasts for a long time can take its toll on your body.

If you're feeling overwhelmed by stress, you're not alone. In fact, a survey of Americans found that one-third of people are living with extreme stress. Get in tune to how you're feeling and learn about the effects of stress on your whole body.

BRAIN AND NERVES

Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble concentrating, memory problems, trouble sleeping, mental health problems (such as panic attacks, anxiety disorders and depression)

SKIN

Acne and other skin problems

MUSCLES AND JOINTS

Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

HEART

Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

STOMACH

Nausea, stomach pain, heartburn, weight gain

PANCREAS

Increased risk of diabetes

INTESTINES

Diarrhea, constipation and other digestive problems

REPRODUCTIVE SYSTEM

For women – irregular or more painful periods, reduced sexual desire

For men – impotence, lower sperm production, reduced sexual desire

IMMUNE SYSTEM

Lowered ability to fight or recover from illness

If you're having any of these symptoms, it's important that you take care of yourself. There are healthy steps you can take to stay well when you're stressed, like connecting to people close to you, getting enough sleep or being physically active. Visit www.LiveYourLifeWell.org for more information.

