



# CornerBridge Newsletter



## April 2011

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.



“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  
603-528-7742

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

## The Green Thumb



### Starting Flower Seeds Indoors

Starting seeds is easy, fun and can be very rewarding. All one needs is a little soil, sand, vermiculite, a container, egg or cottage cheese carton, a warm, bright spot, and the seed. Then follow-up watering to keep the seed moist until it germinates.

Keep in mind there are many seeds that do not need to be started indoors. Don't waste your time starting flowers that are so easy to start by simply broadcasting the seed directly into the garden. Godetia, nasturtiums, clarkia, alyssum, California poppies, sunflowers, columbine, and wildflower. Mixtures head the list of a few of the easiest ones.

How can you determine which ones need to be started indoors? It's simple; just check the directions on the back of the seed packet. The directions should tell you everything you need to know about how to seed. When, where, how deep, germination time, spacing and transplanting information. Be sure to observe these directions because there are some seeds like lobelia. Coleus, ageratum. etc, that should not be covered at all. Some seeds need light to germinate. Petunias, lobelia, marigolds, stock. Snapdragons, ageratum, dusty Miller, coleus, etc. are a few of the most popular flowers that can be seeded indoors in April. Zinnias, asters and other warm weather flowers can be started indoors in early April.

Starting seeds indoors is really easy and fun. Simply sow the seeds in a flat, tray, pot, egg or cottage cheese carton or any other kind of container that has drainage. [be sure to punch drainage holes in the egg and cottage cheese cartons.] Make sure the containers are clean. Wood, plastic and clay pots can be brushed and cleansed with a solution of 10% Clorox and 90% water, if they are moldy or slimy.

Use a good quality planting or starting mix, to start seeds. It is also all right to use soil from the garden, but there is the possibility of introducing insects or disease to the seeds and seedling plants. So it is best to use a commercial potting mix. However, garden soil can be sterilized, by baking it in the oven at 170 to 180 degrees for two hours. Mound the soil in the containers so the soil is higher than the edges. This is done so that air will flow over the soil and help deter any type of damp-off or other disease.

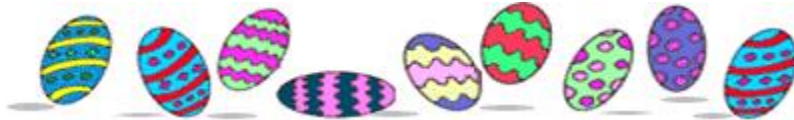
Next, sow the seeds at the proper depth [as outlined on seed packet]. Moisten with a light spray of water [do not use a strong spray as it would tend to wash the seeds into a corner of the container]. Keep the seeds continually moist until they germinate then water as needed.

At this point the containers should be put into a place where they will get bright light, some sunlight if possible. Be sure the spot has good air circulation. Temperatures should range about 65 to 70 degrees, for starting seeds, or a little cooler if the seeds tend to get too leggy. As the seedlings grow, be sure the container occasionally so the young plants do not grow lopsided toward the light.

Once the seedlings are up an inch or two high, they can be transplanted into individual pots or spaced in the original container, until weather conditions are suitable for planting them outdoors. Most cannot be set out until all danger of frost has passed.

Don't make starting seeds difficult, it a very easy, fun process, and can be very rewarding in establishing new young starter plants that will flower or produce earlier in the garden.

*Next month planting seeds for vegetable.*



The members of CornerBridge have designed a **Wellness Toolbox** in our WRAP group and would like to share it with you. Want to more about WRAP? Want to learn how to build your own toolbox? Come join us on Wednesdays at 1:00pm to learn more.

Learn to recognize mental health systems  
Eat well [ 3 meals and snacks a day]  
Take meds daily and on time  
Stick to morning routine  
Little bit of socialization everyday  
Keep up with chores  
ADL's  
Reading and Journaling  
Try to mind clear and open  
Keep good thoughts  
Try to help someone  
Take a walk everyday  
Prayer or meditation  
Water TV- downtime  
Sleep properly  
Reward yourself/ something special  
Play /have fun  
Try to have a positive thoughts  
Spread happiness  
Treat others as we want to be treated  
Don't take things too seriously  
Laugh a little  
Balance life

Balance diet/healthy food  
Plenty of light [sun]  
Spend time with pets  
Music  
Games  
Continue Education  
Get dressed up[ hair done / make up]  
Plenty of water  
List positive affirmations  
Read to yourself  
Find support



## Monthly Health Tips:

### Spring is around the corner, so keep healthy the remainder of winter:

In many areas of the country, the snow and wintry conditions will linger into spring. And yes, the risk of contracting colds, especially those “change of season” colds: will arise. Some advice on ways you can stay healthy the remainder of the winter.



1. Exercise more; you'll help ward off sickness if you're in good shape.
2. Eat more protein and good fats: Almonds and yogurt are good fats that help maintain food craving. Dark chocolate is loaded with dopamine. It makes the brain feel better.
3. Drink more water to prevent hypothermia. We drink less in the water in the winter because we're not as thirsty.
4. Get enough sleep. Adequate sleep lowers your chances of picking up a bug.
5. Take your vitamins. By taken vitamins you lower your chances of picking up an upper respiratory infection.
6. Lower the thermostat at home. Open a few windows for a little while to circulate the air.
7. Wash your hands often. Viral bugs thrive on objects is touch.
8. Take more showers and fewer baths. The steam from the shower loosens the mucous membranes.
9. Try to stay away from sick people. Keep a small bottle of antibacterial hand sanitizer with you.
10. If you get a cold don't overuse antihistamines and decongestants. They can over dry mucous membranes.

### *The Cold Facts .... What Causes Colds?....*

Most colds are caused by viruses called **rhinoviruses** that are in invisible droplets in the air you breathe or on things you touch. More than 100 different rhinoviruses (the name comes from "rhin," the Greek word for nose) can get through the protective lining of the nose and throat. This triggers an immune system reaction that can make the throat sore, cause a headache, and make it hard to breathe. **Take care this spring.**



## **Favorite Monthly Holidays**

Members over the past few months have been studying about the different holidays. Where did they originate? Why and how do we observe them?

### **April Fools Day**

In the U.S. April Fool's Day is celebrated every year on April 1<sup>st</sup>. Though not a national holiday, April Fool's Day is enjoyed by playing practical jokes on family and friends.

### **Passover**

Passover is an eight day celebration observed each year by the Jewish religion. It commemorates the freedom of the Jewish slaves. Families celebrate Passover by having a Sedar .With special foods, songs, and customs. Sedar means order and the Passover story is read in order.

### **Easter**

Easter the weekend those of the Christian faith celebrate the crucifixion and the resurrection of Jesus. However the observation of Easter did not originate with Christianity. Easter was taken from Eastre. She was the goddess worshipped by Saxon people of Northern Europe. They held festivals every year to celebrate the Spring Equinox. The one time during the spring when the day and night are of equal length .The festivals were believed to ensure the fertility of both land and people.

### **Earth Day**

Each year, Earth Day - April 22 -- marks the anniversary of what many consider the birth of the modern environmental movement in 1970.



Linda Cormier Lamontagne, our new program director and a CornerBridge member sharing with us the projects the members have learned about President's Day, Chinese New Years and other March holidays

## CornerBridge Happenings



Hi everyone in March we started off on March 2 with Read across a American day. The American Legion Auxiliary in Laconia donated \$25.00 for books. A field trip was planned to Annie's Book Swap and we were able to find some really great books. A big THANK YOU to the American Legion Auxiliary for their donation.

The groups on IPS and WRAP are going well on Mondays and Wednesdays and our Wellness Toolbox from our WRAP group keeps growing and has been included in this newsletter. We are very excited to have 6 new members joining us for our groups.

To continue with our Monthly Holidays series on March 8<sup>th</sup> we discussed Mardi Gras as one of our monthly holidays and beads were given out. On St. Patrick's Day everyone is a bit Irish and our St. Patty's Day dinner was a great success and enjoyed by all. We celebrated the first day of Spring with planting seeds in egg cartons.

Now the GREAT NEWS we have a new van. Transportation has been a challenge over the past few months but now we have some community trips planned such as to the Annie's Book Swap, the library to get our library cards, etc. Pick up times and spots, as well as trips will be posted in the member's area so make sure to check these postings so you don't miss out.

There are many projects planned for the month of April. First the good old April Fool's and Penny Day for Good Luck the same day. World Health Day is March 7th with a program on health. Don't forget our Birthday Party on the first Thursday of the month. On April 20th is Pineapple Upside Down Cake Day come have some fun we all need it. Our Big Easter Ham Dinner will be held on April 21<sup>st</sup> and Thursday April 22nd is Earth Day so we will be cleaning around outside the house come join us (outside work if the snow is gone) Then on April 26th is give a friend a hug day-we all need a hug. Please keep an eye on our web for addition of projects with our members.

Welcome new members:

- Vinnie N.
- Bruce G.
- Judith W.
- Mark H.
- Tony A.

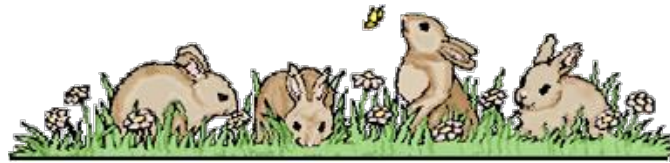
We are very excited to see our membership growing ~ welcome to you all!

Upcoming events ~ Sean Paul Cormier from the French Bouquet will be coming in the near future to do a presentation of gardening and prepare a meal for the membership. Check back to see when the date will be scheduled.

We are working on setting the date (once the snow is GONE) to so our Spring Yard Spruce Up. Also on that day Michelle Dargy from the Bella Bohemia Hair Salon once again come and do haircuts for members ~ Again this will all happen with the change in weather so check in to see when the dates will be set or check our website for the web calendar or better yet.....come join us at CornerBridge where you will be the first to know.

To keep update on happenings at CornerBridge visits our website: [www.nhcornerbridge.org](http://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.



### **Critter Corner ~ Spring Time Hazards for Dogs and Cats**

Tonic plants can be dangerous for dogs and cats: While many of the plants that we commonly keep in our gardens are beautiful to look at, these same plants can cause serious poisoning for our pets. In addition, many of us bring these same flowers indoors as bouquets as well, especially around Easter. Lilies are one of the most common poisonous plants found in bouquets and in the gardens, but there are many other types of plants that can be poisonous to our dogs and cats as well Rhododendrons, azaleas, Japanese ewe, foxglove, tulips, oleanders, castor beans, chrysanthemums and many other types of plants can be very toxic to unsuspecting curious pets.

### **Pets can be exposed to chemical toxics in the spring:**

With warmer temperatures, many of us begin using chemicals such as fertilizers and insecticides on our lawns and gardens. However, it is important to remember that these chemicals can be hazardous to pets who consume or are otherwise exposed to them. All pets should be kept away from areas treated with such chemicals. In many cases, safer non- toxic products may be preferable and equally effective,

## Cook's Corner



### Sweet Holiday Ham

- 1 [12 pound] fully cooked, boned in ham
- 1 [15.25 ounce] can pineapple slices in juice, drained
- 1 [10 ounce] jar maraschino cherries
- 1 cup maple syrup
- 1 cup orange juice
- 1 cup ginger ale
- ½ cup brown sugar
- ½ cup honey
- 1 box round wooden toothpicks



Preheat the oven to 350 degrees F.

In a medium bowl, mix together the maple syrup, orange juice, ginger ale, brown sugar, and honey. Stir in the juice from the cherries, and half the cherries. Score the outer edge of the ham with a knife in a diamond pattern. Cuts should be about ¼ inch deep. This will allow the ham to soak up the juice.

Place ham in a large pan and carefully pour mixture over it. Place the pineapples on top of the ham and secure with toothpicks. Place cherries into center of the rings and secure with a toothpicks. Top with foil till ½ hour before cooking time is done. Bake the ham for 2 hours.



### 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**

## What is Intentional Peer Support (IPS)?

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.

For more information, see [www.mentalhealthpeers.com](http://www.mentalhealthpeers.com)



**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***