

# CornerBridge Newsletter

January 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.

We're Open 10am - 4pm  
7 Days a Week!

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



*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

Email: [lrcab1@metrocast.net](mailto:lrcab1@metrocast.net)

Website:  
[www.nhcornerbridge.org](http://www.nhcornerbridge.org)

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

CornerBridge (aka) Lakes Region Consumer Advisory Board  
Learn more visit our website ~ [www.nhcornerbridge.org](http://www.nhcornerbridge.org)

## Growing it Green



### Special Tips on Winter Houseplant Care:

#### Food, No! Light, Yes!

Although the days are starting to get longer again, it's still a ways to go until we get the kind of sunlight that wakes houseplants up from their long winter's nap. Yes, houseplants deal with winter the way WE wish we could—they sleep right through it! That means they should not be fed until Spring arrives; it'd be like trying to force a bologna sandwich on someone who's sound asleep. Wait until your landscape wakes up outside to start feeding your 'inside' plants.

In the meantime, if you want to do something nice for those hibernating houseplants, wash their windows—ON BOTH SIDES—on the next sunny day. Even if the glass looked clean, that “washing” will let in LOTS more light. Or give some of the plants themselves a nice bath; the thick leaves of succulents like the common Snake Plant), can collect a lot of dust, and a good cleaning allows them to better use the light they get. It's a great way to do a “bug check”, too.

#### Indoor Plant Winter Watering: Less is More

Watering houseplants at this time of year can be tricky. The most popular ones, like ficus and Norfolk pines, will drown if you water them anywhere near as often as you need to in summer. That's because they're dormant now, and simply not using much water. So if you've been “keeping their soil moist”, stop now, while there's still a chance they can recover. Most houseplants (a good 95%) detest wet soil in winter, and should be allowed to dry out completely between waterings. That's right—completely! These are plants, not Aquaman: They won't keel over and die if they go 24 hours without moisture! In fact, nice stretches of dryness are the best way to protect your plants from root rot. In MOST cases, keeping a plant constantly wet will yield the same results as you wearing damp socks for a month—you'll both get a bad case of athlete's foot. Of course, your specific indoor humidity has a lot to do with the water needs of your plants. If your air is humidified, almost all your plants should be able to go at least two weeks—maybe a month—between waterings.

However, if your home is bone dry (or, like me, your plants live near a toasty radiator) you can safely water them more frequently. Weight is the best way to judge. Pick up your pots. If they feel very light, place them in a few inches of water in a sink or tub and allow them to soak it up through their drain holes until the pot feels heavy. Then let them drain in the dish rack, put them back in place and don't water again until the plant feels light once more.



**VERY IMPORTANT:** Never water just because the surface of the soil is dry; only water when that soil is dry all the way down to the roots.

## CornerBridge Happenings

The month of December month was a very busy time at CornerBridge. Members, staff and volunteers have been busy sprucing up the house and decorating for the holidays. The list of activities kept everyone busy and the excitement leading up to our Christmas party had everyone in a cheerful mood.

Earlier in the week everyone was challenged to bring a friend to CornerBridge to share in the Holiday fun. The Christmas party was kicked off with a special gift from Bella Bohemia Salon in Laconia when owner Michelle Dargy and stylist Sharon came to CornerBridge and offered gave free haircuts for all who were there that day. There was so much laughing and fun talk with everyone.

Following the special treat from Michelle and Sharon another awaited the members in the kitchen. Rachel B. who volunteered along with Becky B. one of our Board members came in to help us with cookie baking for our Christmas party. We had so many cookies for the party and for all Christmas week. Thank you Rachel and Becky. After our party everyone swapped gifts. This was one of our best Christmas gatherings. Thank you Linda and Dave for all your hard work in making this a very special day.



Some of the new programs are under way. Each morning we start with our new “Feelings” group. This gives members a chance to share about their feelings, this is going well and we have more members joining in who never participated in groups before.

Our book club has been warmly received. The book we are reading together at this time is “If It’s Going To Be Up To Me ~ by Robert Schuller. All members are learning nutrition and healthy eating by participating in planning the weekly menus. Budgeting is practiced by going over the weekly flyers and working on smart shopping.

Please come and se us with your ideas ~ the coffee is on.

To keep update on happenings at CornerBridge visit our website: [www.nhcornerbridge.org](http://www.nhcornerbridge.org) and check out our web calendar.

Check out our new “Members Page” on our website. Have something you want to see added? Contact Linda or David at CornerBridge and well get it posted.

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



## Staying Healthy in Winter ~ A few Tips

In winter, comfort food and TV seem much better than diet and exercise. Follow a few tips to stay healthy, reduce the symptoms of influenza and colds and avoid depression.

How can you keep healthy and avoid seasonal affective disorder (SAD) during the cold winter months when everyone seems to have the flu and a diet of healthy salads, rich in vitamins and minerals, doesn't seem so appealing? Here are a few winter health tips will help to get you through to spring in good shape.

1. Eat a healthy diet with lots of fresh fruit and vegetables. Hearty home-made vegetable soups are great for cold days. This not only provides vitamins that aid the immune system, but these foods are also rich in antioxidants, substances known to counteract the effect on the body of free radicals (this may help to prevent some cancers). A daily vitamin and mineral supplement is a good idea, but it's no substitute for those obtained in fresh foods.

2. Watch that you don't gain extra pounds due to overeating the wrong foods. Comfort foods in moderation are fine, but in winter it is tempting to over indulge. If you need to lose weight, choose a well balanced diet such as Weight Watchers, rather than a fad diet.

3. Have an exercise routine - don't turn into a couch potato just because the temperature drops a few degrees. Put on your thermals and get out there - or alternatively take up an indoor sport or active hobby such as dancing. If you really can't get out, open the windows each day to freshen the air.

4. Get plenty of rest. Getting overtired can deplete your immune system leaving you open to infections. If you are having difficulty sleeping, look for herbal sleep remedies.

5. Don't hide away because it is winter, especially if you don't socialize by going out to work. At first it may not seem like a big deal, but it can become isolating and contribute to feelings of depression.

6. Beat the winter blues. According to The National Organization for Seasonal Affective Disorder (NOSAD) Seasonal Affective Disorder (SAD) is a type of winter depression which affects millions of people every winter, especially during December, January and February. If you think that you may suffer from SAD (seasonal affective disorder), try to get out in the daylight for a while each day. If possible get some winter sun. Alternatively you might consider light box therapy.



## Cook's Corner



7. Look forward to spring. Plan a new you, new goals and some enjoyable activities to look forward to.

## Nutritive Food Will Help People Fighting with Influenza or Swine Flu

Now that winter has set in and with it the long, cold, often rainy or snowy days, it is time to warm homes and hearth with some delicious baked soup. Whether one is battling a bad cold or stuck in bed with the stomach flu, one often desires soup. Sometimes only Grandma's chicken soup will do, but that urge for some hot, tasty and comforting soup is universal. Just about every culture turns to soup to heal, nourish and soothe.

In many Turkish winter soups, lentils are one of the most preferred ingredients. Lentil, an ancient and nutritive plant that is used and liked by Indians, Mediterranean and Middle Eastern people, like beans, is a good source of protein. Lentils also provide calcium and phosphorus, vitamin B and iron. Consumption of foods containing lentils will not only help to fight with winter flu but will reduce the risk of coronary heart disease, lower cholesterol levels, help in reducing triglyceride, provide a source of beneficial high fiber for persons with diabetes.



### Winter Soup is Very Easy to Prepare

Ingredients for a winter lentil soup: (4 servings)

1 potato  
2 carrots  
½ cup of rice  
½ cup of red lentil  
One and a half tablespoon of sunflower oil  
4 cups of meat broth  
1 onion  
Salt

Cooking is quick and simple. Peel potato and carrots and clean. Together with onion, grate all ingredients. Shell rice and wash lentils. Put all of them into a saucepan. Add meat broth and oil. Let it cook on medium heat for 15 minutes. If you wish, you may add parsley onto the soup to garnish. Serve hot.



Hard working people, who are getting tired of ready-made meals, burgers, fries, mothers with children with flu or anybody who wants to stay healthy could try this winter soup. Enjoy!

## Board Notes

The past year has seen challenges and changes at CornerBridge. We the board are very excited to see how far we have come and the positive feedback we have received from the members, staff and volunteers. Thank you to everyone who has helped support CornerBridge and as a board we look forward to the New Year with hope and promise for change and growth.

### Meet the Board:

**Rick Hagan, President**

**Karen Thurston, Secretary**

**Brenda Crosby, Vice President**

**Becky Breton-Dow**

**M. Jay Belisle, Treasurer**

**Marilyn Cushing**

**Mary Kimball**

**Dan Bailey**

**Patt Fancy**

Our Board of Directors is composed of consumers (members) and professionals from the local communities. **If you are interested in becoming a member of our Board of Directors, please contact David LaCroix at [lrcab1@metrocast.net](mailto:lrcab1@metrocast.net).**

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.



### Quotes from Members:

- We are working together as one to make CornerBridge work ~ Steve L.
- How do I say Thank You for the warm clothes. ~ Ben B.  
It's nice to put on warm and clean clothes ~ Tony A.

Thank you for being here for us ~ CornerBridge Members

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## 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**

## How is Self-Compassion Different from Self Esteem?

Self-esteem often depends on our latest success or failure, and fluctuates depending on ever-changing circumstances. In contrast to self-esteem, self-compassion is not based on self-evaluations. People feel compassion for themselves because all human beings deserve compassion and understanding, not because they possess some particular set of traits (pretty, smart, talented, and son on). This means that with self-compassion, you don't have to feel better than others to feel good about yourself. Self-compassion also allows for greater self-clarity, because personal failings can be acknowledged with kindness and do not need to be hidden. Moreover, self-compassion isn't dependent on external circumstances; it's always available—especially when you fall flat on your face! Research indicates that in comparison to self-esteem, self-compassion is associated with greater emotional resilience, more accurate self-concepts, more caring relationship behavior, less self-conceit and anger. It makes sense; if you are kind and forgiving to yourself, you can feel better about others.

--Kristin Neff, PhD. <http://www.self-compassion.org>.





Do you have a favorite book you would like to share? Join us for our book of the month club. Reading can be enjoyable and relaxing. Come share that favorite book you might just find it to be a great conversation piece.

**Q. What days and hours is CornerBridge open?**

**A.**

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