



CornerBridge Newsletter

July 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

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.



“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



Nourish Your Soul

The spirit or soul is what connects us with something larger; with Nature itself and with innate creativity. Feeling your spirit is a very individual experience. For some it means religious celebration and being part of a like- minded community.

Others find inner peace through yoga, tai chi or meditation. For some, a spiritual experience can be as simple as a walk in the park, a day at the shore, an afternoon of gardening or laughing with a child. Whatever your preference, create the time to connect with yourself. Enjoy deep belly breaths, write in a journal, and reflect.

Once the soil of your life is replenished, what will you plant? Allow yourself permission to daydream, an often overlooked but extremely important activity. It is in daydreaming that you learn the most about your true self, your creative wishes and desires. Visualize the life that you want. Create an action plan and take your first small steps. The Spring rain will make your dreams grow and blossom. The Summer sun will give them strength and power, and the Fall harvest will bring you success and achievement. But only if you begin today.



**“Cauliflower is nothing but cabbage with a college education”
Quote By Mark Twain**

Houseplants Grown from Produce

Sweet Potato

Sweet potatoes make quick and easy houseplants. To start the project, examine the sweet potatoes available and pick one that does not have any soft spots. Then get the remaining supplies needed for the project together. This includes a clear bur decorative wide- month container, and toothpicks. Push three toothpicks through the middle of the sweet potato leaving some of the toothpicks sticking out. Fill the decorative container with water and place the sweet potato into the water while allowing the toothpicks to rest on the rim. Place in a location that receives indirect sunlight.

The vine of the sweet potato grows very quickly so expect to see roots and leaves in about two weeks. Once leaves begin to appear move to a sunny location. In about three weeks, remove the sweet potato vine from the water. Mix up a homemade potting soil mixture of 50 percent sand and 50 percent all-purpose potting soil. Fill a decorative pot with this homemade potting soil mixture and make a well in the soil. Place the whole sweet potato in this well and cover completely making sure to leave the foliage uncovered. Water the sweet potato vine once a week and place in a sunny windowsill.

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. Thank You

**“ If you want to be happy for a year, plant a garden:
if you want to be happy for life, plant a tree.”
English Proverb from Simran Khurana**

The Fateful Fourth

By Roger Robicheau

Our will was strong, our want was great
Let freedom reign, what better fate

We journeyed long from Plymouth Rock
The time was clear to end all talk

That fateful fourth our courage showed
Americans- and how we glowed

We won the right to be self known
Our independence, clearly shown

The test of time has stood us tall
Through bravest hearts, some forced to fall

We'll always cherish those we've lost
Their gift to us, their total cost

Today we face another foe
And stand together, all do know

Please often pray to God above
He's seen our hearts, He Knows our love



WRAP – The Daily Maintenance List

* *Eat three healthy meals and three Healthy snacks*

* *Drink at least six 8-ounce glasses of water*

* *Exercise for at least half an hour*

* *Get half an hour exposure to outdoor light
20 minutes of relaxation or meditation*

* *Write in my journal for at least 15 minutes*

* *Spend half an hour enjoying a fun,
affirming or creative activity
[this list is from our WRAP book]*

Here are some new things members added to their WRAP List

* *Valerie watches TV each am*

* *Ben tries to eat breakfast and socialize
with friend*

* *Linda takes a hot bath daily*

* *Shannondoah sings and puts on makeup*

* *Gary goes for a walk*

This list is from our last WRAP Group

Here are some new things from our peers

1. Go to a play ground
2. Take a swim
3. Make music
4. Cooking
5. Play with clay

Summer Hints

The heat is rising! Tips for Safe Swimming and Diving

1. Learn to swim and dive well enough so that you can survive in the water in an emergency
2. Do not swim in unsupervised areas
3. Do not swim or dive alone and do not swim when only other people in the water are non-swimmers. Their presence might seem reassuring but they would be little help in an emergency.
4. Know your limitations and do not overestimate your ability. Do not forget that your ability to swim may not be up to par under some circumstances, such as when you are tired or overheated.
5. Do not swim or dive if you have been drinking alcoholic beverages. Alcohol is the underlying causes of many drownings and other accidents because it impairs both judgment and coordination.
6. Stay out of the water during electrical storms.
7. Do not dive into shallow or unfamiliar waters. A resulting neck injury can lead to paralysis.
8. Do not hyperventilate before swimming underwater. Hyperventilation can cause mental confusion and even blackout.



MORE HINTS NEXT MONTH!!!! HAPPY SUMMER !!!!! BE SAFE !!!!!

Board Notes

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 lrcabl@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.

All meetings are open to the public. Come and see how you can give back to CornerBridge. Visit our website to learn more: www.nhcornerbidge.org.

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

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?

The Fourth of July

Independence Day is the birthday of the United States of America and is celebrated on the Fourth of July each year. Independence Day is the anniversary of the day on which the Declaration of Independence was adopted by the Continental Congress on July 4, 1776.



John Adams, one of the founders of our new nation, said “I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from this time forward for evermore”. Independence Day was first celebrated in Philadelphia on July 8, 1776.



Critter Corner

Summer Pet Tips

Summer weather, vacations travel, family time, and outdoor activities often affect your cat and dog. Here is some advice to help keep your pet safe this summer.

Made in the Shade

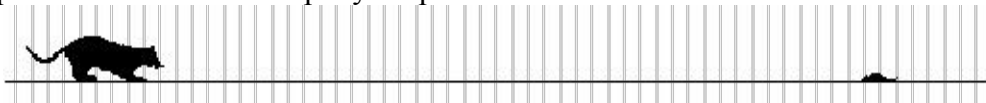
Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful to not over-exercise them, and keep them indoors when it's extremely hot.

Do dogs and cats get sunburn?

Some dogs get sunburn. Just like fair-skinned people, white haired dogs are sensitive to the sun exposure. White cats and cats with white ears and noses are very susceptible to sunburn so it is important to keep your cats and dogs inside more on very sunny days and to talk to your veterinarian about the occasional use of sunscreens.

How can I keep my dog calm during a thunderstorm?

Many dogs are afraid of loud noises such as thunder and fireworks. Some dogs just need reassurance, but some dogs are too upset for a few calm words and some petting. If your dog is very afraid during summer storms, talk to your veterinarian, who may prescribe medication to help calm your pet. More pets' hints next month –pat your pet for me



CornerBridge Happenings

Hi everyone missing seeing a few of you, please come. We need new faces and ideas. All members have been working on the garden, doing a great job.



The walking group is growing, but we can always use more walkers. Everyone has been a little tired because of the weather. First heat wave, then floods followed by more heat!!!! We are so lucky to have AC at CornerBridge - Nice and cool inside. We are serving ice coffee and also ice tea. We went for our trip to the Food Bank and attended a class on ordering food on the computer to streamline our food order. The week of the 13th through the 19th Motorcycle

Week.

The traffic was bad so we stayed around the house and watched the bikes from the porch. Our yard sale was cancelled because of the weather and people were unwilling to commit to a time. We will try plan on another date at the end of July or the first of August.

It's July already We are planning our cook outs and trips to the beaches. We will be doing some rides to the Weirs and out for ice cream. All programs are on going. Please check out our calendar. We will have sign up sheets for trips in the living room, please join us. We will be discussing that trips, extra goodies and fun are based on the willingness of all to help out around CornerBridge and help with fundraising.

Our van driver Dan P. will be doing some Saturday mornings peer support for us and playing music and singing. The photo this month is of some of us at the NH's Peer Support System: "Leadership for the Furture " meeting, we had board members, staff and members that attended.

This was a good learning experience for us. Well have a Great July 4th -

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

If you have any questions or would like to put something in the newsletter just call me 528-7742 or email: Linda.cornerbridge@metrocast.net.

Linda Cormier Lamontagne, Program Director

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
---	---

Cooks Corner



Yummy Blueberry Cobbler

3 cups blueberries	$\frac{3}{4}$ teas. salt
$\frac{3}{4}$ cup whole milk	4 $\frac{1}{2}$ tablespoons butter
$\frac{1}{2}$ lemon	1 $\frac{1}{2}$ tablespoons cornstarch
3 cups sugar	1 $\frac{1}{2}$ cups flour
1 $\frac{1}{2}$ teas. baking powder	1 pinch cinnamon
$\frac{3}{4}$ cup boiling water	

1. Preheat the oven to 350 degrees F. Lightly grease an 11x 7 in. baking dish.
2. Spread the blueberries out to cover the entire bottom of the baking dish. Squeeze the juice from the lemon over them. In a medium bowl, stir together the butter and 1 $\frac{1}{2}$ cups sugar until smooth. Stir in flour in flour and baking powder alternately with the milk until smooth. Batter will be thin. Spoon over the berries, and spread evenly.
3. In a small bowl, stir together 1 $\frac{1}{2}$ cups of sugar, salt, and cornstarch. Sprinkle over the top of the batter. Dust with a pinch of cinnamon. Then pour the boiling water over the entire dish.
4. Bake for 45 minutes in the preheated oven, until golden brown.



Strawberry Shortcake Ice Pops

- 8 vanilla sandwich cookies (such as Oreo Golden Original Sandwich Cookies®)
 - 8 hulled strawberries
 - 2 tablespoons white sugar
 - 2 tablespoons water
 - 1 (3.4 ounce) package cheesecake flavor instant pudding and pie filling
 - 2 cups milk
1. Place cookies in blender. Blend on High setting, stopping blender to stir occasionally, until cookies become fine crumbs. Reserve.
 2. In clean blender, combine strawberries, sugar, and water. Blend on High setting until smooth.
 3. Combine pudding mix and milk in a large bowl. Beat with whisk until thick, about 2 minutes. Stir in cookie crumbs.
 4. Fill ice pop molds $\frac{1}{3}$ full of pudding mixture. Layer with strawberry puree to $\frac{2}{3}$ full; top evenly with remaining pudding mixture. Place sticks into molds, and freeze overnight. Run molds under hot water if difficult to remove pops.



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.

A Note from our Warmline Staff at CornerBridge

Have you ever wondered what it is like to call the warmline? Hopefully, on the other side of the line, you will find a caring empathetic, interesting peer. We've all had our experiences with mental, emotional, physical challenges. And I mean all, the warmline staff included. That's what makes us qualified to work on the warmline, as well as additional training we must go through to be able to assist peers.

Something else you may be wondering. "Do I get notes written about me"?

The warmline staff only fills in a form that shows how we've met our responsibilities to the callers. We are asked "yes" or "no" to the following questions.

1. Were you able to establish connection?
2. Was there a loss of connection?
3. If so, were you able to reconnect?
4. Did you help each other understand how you've come to know what you know?
5. Was the interaction a mutual one? {"Peer support relationships are mutual and reciprocal."}
6. "Rather than helping each other move away from what isn't working {problems and solutions}, did you help each of us move towards what you want {vision and action}?"
{From "Intentional Peer Support: An Alternative Approach" By Sherry Mead}

We workers always hope to get this last question {and all of them} with a goal of working on a dream or vision that the caller and worker wants to come true. We love to encourage recovery and seeing beyond our problems to a better day.

I hope this article encourages you to call the warmline when circumstances suggest that would be a good idea. We have regular callers as well. We want to talk with you and brighten both our days.

Take Care,

Valerie Prescott

Peer support can be an important addition to the help you receive from professional mental health providers.

Many people find self-help support groups a valuable resource. These groups, led by a layperson, are designed to bring together people with similar mental health or substance abuse conditions.

People with mental health conditions - who often refer to themselves as mental health consumers - have organized other types of peer supports, including peer support centers, warm-lines and training courses in wellness and recovery.



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