

CornerBridge Newsletter

June 2011



Welcome to CornerBridge and Concord Peer Support

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 we have of ourselves as we relate to the larger community and the perception the larger community has of US.

We are people learning to work 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 personal responsibility for Recovery, Wellness, Empowerment and Advocacy for oneself and others while acknowledging the divine right we have as Human Beings.

Adpoted 4/27/2011

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



“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

**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**



Clean Your Head and Home

In winter we spend most of our time indoors and often this leads to a lot of clutter in a room is usually an indicator for a cluttered mind as well. We hold onto things this creates a stuck energy in our lives as well as our homes. As Karen Kingston said “an ordered home means an ordered mind”. She suggests trying to think “Does it lift my energy when I think about it or look at it? Do I absolutely love this – “no “or “sort of” to any of these questions, let it go. Trash it, give it away or find a new space for it. This same principle applies to the clutter of limiting ideas as serving the purpose of your life; it’s time to good-bye.



Container Gardening ~ Common Mistakes Growing Tomatoes in Containers

Growing tomatoes in containers is almost always an adventure. It can be rewarding or flat out disastrous sometime for reasons beyond your control.

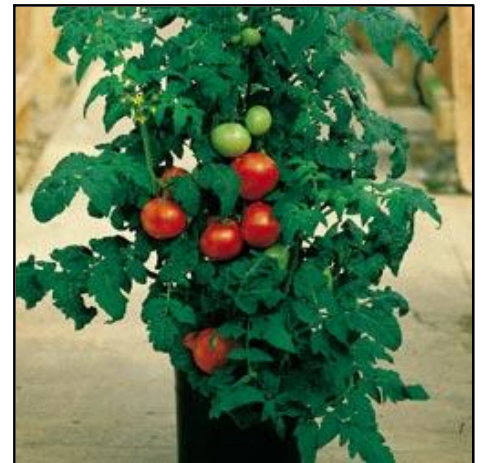
There are some common mistakes if we avoid them your chances growing tomatoes in containers will be successfully.

Small Containers

When it comes to tomato containers, bigger is better .The bigger your container, the more soil you have the better the moisture retention and the more available nutrition will be to your plants – both of which are critical to happy, healthy tomato plants, and large harvests.

Too Much Water

Watering your tomato plants properly is probably the main key to tomato success. Too much water and the plants drown, too little and you get blossom end rot. Inconsistent watering will get you blossom end rot, split tomatoes and stressed plants. You want to keep the soil in your pots consistently moist – not wet, but damp. Before you water, check if your soil is already moist. To do this put your finger into the soil about an inch. Water if the soil feels dry to the touch. Don’t forget drainage too. Make sure your pot has large holes in the bottom so excess water can drain out. **Pot Feet** are also a good idea if you have your pot on a patio or non-porous surface.



Too Little Water

The amount of water your tomato plant needs will depend on heat, humidity, the size of your pot and the kind of potting soil you use. By mid – season, a large tomato plant may need watering at least once a day- sometimes twice. Also, when you water, make sure to really soak your plants-if you just them a sip, the water will only wet the top layer of soil. Water until you see it coming out of the bottom of your pot. When you water, try to water the soil directly, not the leaves, because wet leaves can lead to fungus.

Overcrowding

Putting lots of plants in one pot may seem like a good idea, but it usually is counterproductive, unless my pot is tremendous {more like a raised bed} I only put one tomato plant per pot. To get an idea of minimum size. I have successfully grown one huge tomato plant in large reusable grocery bag and that's about as small as I'd go per plant.

Not Enough Sun

Tomatoes are sun loves and need full sun- Which means that they need unobstructed, direct sunlight for 6-8 hours- no cheating or skimping. Many people {myself included} chronically overestimate how much sun an area gets. Really figure this out –either with a watch or a sunlight meter – before you plant up your pots.

Chilly Tomatoes

Along with sun, tomatoes like warm temperatures. While it might feel like You're getting a jump on the season by putting your tomatoes out early, they will not really do anything until it is consistently warm. If you do want to get a jump on the season, you can either put them on carts and wagons and haul them in and out of your garage, until temperatures warm up. Also, don't forget to **harden off your seedlings**.

Starving Your Plants

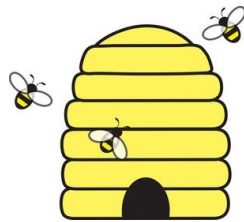
Tomatoes are heavy feeders and need to be fertilized, if you aren't using a pre-fertilized potting soil. Most potting mixes has very few of the nutrients that your plants require to grow and be healthy so you will need to add those nutrients to the soil, or stimulate the ones already there, if your mix is heavy on compost. There are many fertilizers to choose from but I use either an all – purpose **organic** slow- release fertilizer, or one designed especially for growing tomatoes or vegetables, which I mix into my potting soil. In addition, I use a dilutes fish emulsion/seaweed liquid, once every week or two.

Staking or Caging too Late

This is one chronic mistake. I always forget how fast tomatoes grow and don't stake or cage them until they are huge and unwieldy. It is much better to set up your cages or stakes before your tomatoes get too big.

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



GETTING A HANDLE ON STRESS AND DISTRESS

1. WORK OFF STRESS- If you are angry or upset, try to blow off steam physically by activities such as running, playing tennis, and gardening. Even taking a walk can help. Physical activity allows you a “fight” outlet for mental stress.

2. TALK OUT YOUR WORRIES-It helps to share worries with someone you trust and respect. This may be a friend, family member, clergyman, teacher, or counselor. Sometimes another person can help you see a new side to your problem and thus, a new solution. If you find yourself becoming pre-occupied with emotion problems, it might be wise to seek a professional listener, like a guidance counselor or psychologist. This is not admitting defeat. It is admitting you are an intelligent human being who knows when to ask for assistance.

3. LEARN TO ACCEPT WHAT YOU CANNOT CHANGE- If the problem is beyond your control at this time; try your best to accept it. It beats spinning your wheels, and getting nowhere.

4. AVOID SELF-MEDICATION- Although there are many chemicals, including alcohol, that can mask stress symptoms, they do not help you adjust to the stress itself. Many are habit-forming, so the decision to use them should belong to your doctor. It is a form of flight reaction that can cause more stress than it solves. **The ability to handle stress comes from within you, not from the outside.**

5. GET ENOUGH SLEEP AND REST-Lack of sleep can lessen your ability to deal with stress by making you more irritable. Most people need at least seven to eight hours of sleep out of every 24. If stress repeatedly prevents you from sleeping, you should inform your doctor.

6. BALANCE WORK AND RECREATION- “All work and no play can make Jack a nervous “wreck”. Schedule time for recreation to relax your mind. Although inactivity can cause boredom, a little loafing can ease stress. This should not be a constant escape, but occasionally you deserve a break.

7. DO SOMETHING FOR OTHERS- Sometimes when you are distressed, you concentrate too much on yourself and your situation. When this happens, it is often wise to do something for someone else, and get your mind off of yourself. There is an extra bonus in this technique – it helps make friends.

8. TAKE ONE THING AT A TIME – It is defeating to tackle all your tasks at once. Instead, set some aside and work on the most urgent.

9. GIVE IN ONCE IN A WHILE – If you find the source of your stress is other people, try giving in instead of fighting and insisting you are always right. You may find that others will begin to give in, too.

10. MAKE YOURSELF AVAILABLE –When you are bored and feel left out, go where the action is! Sitting alone will just make you more frustrated. Instead of withdrawing and feeling sorry for yourself, get involved. Is there a play or musical coming up? Chances are they will

need help back stage. Get yourself back there and somebody will probably hand you a hammer or paint brush!

Recognizing stress as an ongoing part of life may well be the first step in dealing with it. Turn stress into a positive force and let it make life more interesting.



THE WELLNESS CIRCLE (cont. from last month)

THE THREE STATE OF WELLNESS

1. Wellness and Prevention -Wellness is a state of being in which an individual is able to participate in all areas of life. It encompasses the notion of balance in one’s life among the mental physical and spiritual elements of wellness. A person who has achieved this sense of wellness, this balance, can be fully engaged in their family and community. Personal resilience to stress or trauma helps to prevent individuals from becoming ill.

2. Treatment- Treatment seeks to resolve or mitigate the harmful effects of a mental or substance-use condition, when someone becomes ill, a wide variety of treatments and supports are effective in returning them to wellness. Pharmaceuticals, psycho-therapies, rehabilitation, and supports are key elements of treatment.

3. Recovery- Recovery is a deeply personal process of changing one’s attitudes, values, feelings, goals, skills, and roles. It is a way of living a satisfying, hopeful, and contributing life with or without limitations caused by illness;

Staying With It

People who want to improve their health can be divided into two types: those who work at it daily and those who don’t. Which are you? To help you get going and stick with a good diet, here are some suggestions;

1. Remember that you are worth it. The time, expense and changes that go with a healthier lifestyle are an investment in yourself. The healthier you are, the more you can offer those you love. The time you spend each day on your health is not lost. Rather, it adds to your productive years and get it all back later..... with interest.

2. Your entire family does not have to go along with you. It is wonderful if they do, but don’t make it a condition for your own self- improvement. Show them that you feel great. Dr. Albert Schweitzer said “not only is example the best way to teach, it is the only way.

3. Give a little. It is better to live a 90% natural LIFE than to live 100% natural for a week. Do your best to be as healthy as you can each day.

4. Make health as easy and routine as possible. Specifically:

A. Keep junk food out of the house. Simply do not buy it. If someone else wants to, let them be the one to go get it, and pay for it.

B. Have readily available good-tasting snack alternatives in the home at all times. Everyone likes to munch now and then, so make sure the only snacks around are good ones.

C. Health food stores have aisles full of packaged goodies that are also nutritious. Supermarkets do too; if you always read the label.

D. How about popcorn? You can make it fresh in an air-popper in no time at all for next to nothing. Without [much] salt or butter it is very low calorie and an excellent source of fiber.

E. Have a cold veggie platter in the refrigerator at all times. You know, a “party tray” with cut-up raw celery, carrots, radishes, broccoli, cucumber and other vegetables all set out nicely. If they are already washed and cut up and just sitting there when somebody opens the ‘fridge to browse, they will get eaten. Center shelf, front!

F. Keep the freezer stocked with frozen juice pops instead of ice cream. You can buy plastic molds at discount department stores and make your own “popsicles”. Use 100%, unsweetened real juice only.

G. If the kids pester you for a sweet treat, give them a spoonful of molasses or honey. These are as sweet as candy, but a lot more satisfying.

H. Have a big bowl of fresh on the kitchen table 24 hours a day. Then anyone can see that they can have as much fruit as they want anytime. There is no better snack.

I. Fill a candy dish with dried fruit mixed with some unsalted nuts. Fill another with sunflower or pumpkin seeds. Place them on the table, and watch them be ignored but not for long. They’ll be eaten sooner than you think.

J. Keep a pitcher of water in the refrigerator. Ice water is just as refreshing as a soft drink and a lot cheaper. **More Hints Next Month**



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

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?



Father's Day

Father's Day is a day to celebrate fathers. Many people of the United States and Canada celebrate Fathers Day as a day to express gratitude and appreciation to their fathers by giving them presents or greeting cards. Father's Day comes on the third Sunday in June. Father's Day was started in 1910 by Mrs. John Dodd of Spokane, Washington. The custom spread throughout the United States and in 1936 a national Father's Day committee was formed. Headquartered in New York City, the committee annually selects a Father of the Year. Some fathers who have won this title are Douglas MacArthur, Dwight D. Eisenhower and Harry S. Truman.

Flag Day

Flag Day is a day when all Americans celebrate the flag by showing respect for the flag and its makers and its designers. One of the main symbols of the United States of America is the flag. The original U.S. flag was authorized by Congress on Saturday, June 14, 1777. It had 13 stripes – 7 red and 6 white – that represent the original 13 colonies. There were 13 white stars in a blue field representing a new constellation.

Since 1777, there have been different versions of the flag that have been adopted. The red and white stripes with blue constellation have remained the same. Each state in the union is represented by a 5 point star. The number of stars has changed as states joined the union. There are currently 50 states that belong to the United States of America.

Graduation

Graduation is the act of completion and moving up to the next level. There is usually a graduation from kindergarten to elementary school, from elementary school to junior high school and from high school to college. There are also graduations from medical, military or specialized schools.

There is typically a ceremony associated with graduation, where the graduate receives a diploma. The ceremony represents the moving up from one level to another or the completion of study. The commencement speech at graduation is usually given by a student, teacher or sometimes

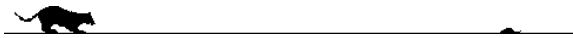
someone of celebrity. The theme of the speech is usually based on what graduates will be up against in the “real world” something they may not be as familiar with while working on their studies. There is almost always a celebration for graduation day to recognize their accomplishment and completion of hard work- a gathering of friends and family, picnics or large parties. Hats off to all our graduates this year!



Critter Corner

Allergies in dogs and cats

Just as in people, spring-time can bring on allergies for many dogs and cats as well. Pets may develop allergies to plants, pollen, fleas, and many substances. Unlike people, spring-time allergies in pets most commonly show up as skin problems. Allergic dogs and cats generally become very itchy, may experience hair loss or inflamed skin and may even show a change in behavior due to the irritation of the allergy. Less commonly, respiratory symptoms or runny eyes may occur as a result of allergies in pets.



Peer support occurs when people provide knowledge, experience, emotional, social or practical help to each other.^[1] It commonly refers to an initiative consisting of trained supporters, and can take a number of forms such as [Peer mentoring](#), listening, or [counseling](#). Peer support is also used to refer to initiatives where colleagues, members of self help organizations and others meet as equals to give each other support on a reciprocal basis. *Peer* in this case is taken to imply that each person has no more expertise as a supporter than the other and the relationship is one of equality.

A peer has "been there, done that" and can relate to others who are now in a similar situation. Trained peer support workers are required to obtain Continuing Education Units, like all other clinical staff.



CornerBridge Happenings

Hi everyone so sorry we had so much rain in May, I hope June will bring the sun.

We started a walking group at Cornerbridge but not many people want to walk in the rain, [no ducks] A trip to the Food Bank on May 9, this helps allot with our meals. We started seeds for flowers and the garden. A BIG THANK to BOB S. and BEN B.for digging out our garden area for us.

The van makes a trip to the N.H Mental Health Consume Council monthly if anyone wants to come sign- up or call me. All other programs are on going – WRAP and ISP on Monday and Wednesday -STOP By- . In June some new programs .On Mondays will be Life Skills – Tuesdays will be Meditation/Relaxation with on the first Tuesday of the month a LPN will be here to do a Wellness Program –Wednesdays Is Self Esteem and our Book Club which all enjoy. Thursdays is Large Meal for the week and the Birthday Party on the first Thursday of the month. Fridays we added Coupon Saving. Please come an take a look at our calendar and have a coffee with us or lunch. There is a great program this month in Concord “Life Long and Feel Great “9am to 4pm if you would like to attend. Please call and I will put you on list, the van will be leaving at 8am .I want to Thank Dan P. for being here on Saturday am and playing music and singing. On June 25- Yard Sale at Cornerbridge so we can use the money for trips. Please Come. If you have any questions or would like to put something in the newsletter just call me 528-7742

Cook's Corner

A Nice Spring Dessert

Ambrosia



1 cup mandarin oranges, drained
1 cup crushed or tidbits of canned pineapple, drained
1 cup tiny marshmallows
1 cup shredded coconut
1 large contain of cool whip
Combine above ingredients and chill in refrigerator at least 3 or 4 hours before serving. Serves 6 to 8

What is the Warmline?

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

I Admire You ~ A Friend Sent Me This to Honor Me, and I Send it to You

You have strengths that amaze others.

You carry hardships, you carry burdens, but you hold happiness, love and joy

You smile when you want to scream.

You sing when you want to cry.

You cry when you are happy and laugh when you are nervous.

You fight for what you believe in. You stand up for injustice.

You don't take "No" for an answer when you believe there is a better solution.

You go without new shoes so your children can have them.

You love unconditionally.

You cry when your children excel and cheer when their friends get awards.

You are happy when you hear about a birth or a new marriage.

Your heart breaks when a friend dies.

You have sorrow at the loss of a family member.

Yet you are strong when you think there is no strength left.

You know that a hug and a kiss can heal a broken heart.

You come in all sizes, in all colors and shapes.

You'll drive, fly run, or e-mail a friend to show how much you care about her/him

Your heart is what makes the world spin!

You bring joy and hope.

You give moral support to your family and friends.

You have a lot to say and a lot to give.

This has been sent to you from someone who respects you as a person.....

Just wanted to brighten your day!!!



The Mission and Values of Peer Support

The mission and values of peer support were articulated throughout the dialogues with stakeholders and sometimes formally within pamphlets/ flyers of various agencies. Common themes emerged:

- To foster self-help
- To foster independence amongst peers who enable each other by sharing similar issues and experiences
- To encourage or role model ways to reach personal goals (i.e. "you can compare your experiences with others and see others doing well")
- To create a physical space that members feel ownership
- To provide a non-threatening, non-judgmental, confidential, safe, and friendly environment where people can come to socialize and overcome the isolation of mental illness (i.e. "makes you feel like you are not alone," "a place where you can be yourself," "know that somebody cares")
- To be responsible and accountable to other members
- To create a place where members have choice of activities
- To make connections to other people who may become friends, i.e., "can make friends and go outside of group with them"
- To improve consumers' ability to deal with mental illness (i.e. "helps people become more active and leads to better mental health," "reduces depression," "helps concentration at work knowing you have a place to talk to others after work")
- To encourage leadership roles/ skills amongst members, i.e., "members helps other members learn different skills, like cooking or social skills to get along with others," "to learn to resolve conflicts"
- To strengthen and support people and their families in their role as caregivers
- To provide education and information about resources for people with mental health problems, families, professionals, and the public
- To eliminate discrimination and stigma regarding mental/ emotional illness
- To advocate on behalf of people with mental/ emotional problems and their families



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
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