



CornerBridge Newsletter

May 2011

Welcome to CornerBridge and
Concord Peer Support

Mission Statement

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

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

*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

*Come and visit us ~
Our door is always open.*

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

CornerBridge (aka) Lakes Region Consumer Advisory Board
Learn more visit our website ~ www.nhcornerbridge.org



Big News Proposed *New Mission Statement* for LRCAB aka CornerBridge....

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 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.



Starting Vegetable Seeds Indoors

Starting seeds can be a fun, easy, successful means of starting new garden plants. All you need is a little soil, a pot or tray and warm spot to put the seedlings.

If you have some seeds left over from last year. To save time, test them first. Simple take a couple of wet paper towels, place six or eight seeds on the towels and keep it moist until the seeds germinate. If half of them germinate, then you know fifty percent of the seeds are all and all you need to do is sow the seeds thicker than you normally would.

Vegetables - Leaf crops like spinach, lettuce, chard, cabbage, cauliflower, broccoli, tomatoes, plus the others can be started indoors in late February and March. Cucumbers, squash, pumpkins plus the other warm weather vegetables can be started in doors in late March and April.

Vegetable Root Crop - Sow the seeds of all root crops directly into the garden. Wait for the soil to warm up a little before seeding outdoors. Late March or early April is usually a good time for seeding root crops outdoors.

Here are a few hints on the best ways to start vegetable seeds indoors - You can start the seeds in just about any kind of container. Trays, flats, pots, old egg cartons, or even eggshells are suitable. If the trays or pots are old it would be good ideal to soak and clean them in a solution of 90 Percent water and 10 percent bleach. An all-purpose houseplant type potting soil can be used for starting the seeds. Do not use soil from the garden unless it been sterilized first. Otherwise you are apt to introduced weeds, bugs and disease to the seeding mix. You can sterilize the soil in the oven by baking it for about two hours at 170 to 180 degrees.

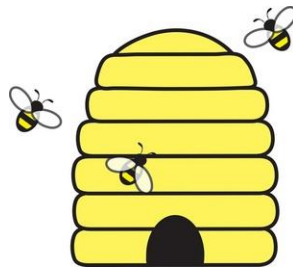
Annual and vegetable seed packets can be put in the refrigerator for a couple of days before being seeded.

Before sowing the seeds be sure to fill the container to overflowing with soil. It is very important to have the soil high in the container so the air will flow across the soil, thus aiding in the control of damp-off disease. The next most important step is to barely cover the seed with soil. Some types and varieties do not need to be covered at all. The sowing instructions on the back of the seed packets will specify the correct spacing, planting depth, time to sow and any other pertinent information for particular seed variety.

Keep the newly seeded pots or tray in a warm spot where the temperatures average 65 to 72 degrees day and night. Select a spot where there is bright light. In fact, the seeds will even germinate faster if they are kept under fluorescent lights. Space the lights about 12 to 15 inches above the soil.

Use warm water to water the seeds for the first two or three days. Once the seedlings have germinated use water that is a little warmer than room temperature.. After the new seedlings have formed a couple of sets of true leaves they can be individually potted or spaced so there is room for them to develop naturally. Do not set the young seedlings outdoors until after all danger of frost has passed.

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



Bees - A swarm of bees in May, Is worth a load of hay, A swarm of bees in June, Is worth a silver spoon, A swarm of bees in July , Is not worth a fly!

May is Mental Health Month 2011

Mental Health America is proud to continue its tradition of celebrating "May is Mental Health Month," which began in 1949 to raise awareness of mental health conditions and mental wellness for all.

This year, we are addressing these important issues through two themes:

Do More for 1 in 4 is a call to action to help the 1 in 4 American adults who live with a diagnosable, treatable mental health condition and the fact that they can go on to live full and productive lives.

The second theme, **Live Well! It's Essential for Your Potential**, focuses on the importance of mental wellness and the steps everyone can take to improve their well-being and resiliency in the

face of difficult times and challenges. Mental Health America's *Live Your Life Well* program offers ten science-based tools to manage stress and help you relax, grow and flourish. For more information visit Mental Health America: <http://www.mentalhealthamerica.net/go/may>.

National Anxiety and Depression Awareness Week - May 1st – 7th 2011

Anxiety Disorders: What You Need to Know - Most people experience feelings of anxiety before an important event such as a big exam, business presentation or first date. Anxiety disorders, however, are illnesses that cause people to feel frightened, distressed and uneasy for no apparent reason. Left untreated, these disorders can dramatically reduce productivity and significantly diminish an individual's quality.

Depression: What You Need to Know -Depression is a common, real and treatable illness. Clinical depression is one of the most common mental illnesses, affecting more than 19 million Americans each year. This includes major depressive disorder, manic depression and dysthymia, a milder, longer-lasting form of depression. Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide. Depression can occur to anyone, at any age, gender or health situation. Unfortunately, although about 70% of individuals with depression have a full remission of the disorder with effective treatment, fewer than half of those suffering from this illness seek treatment. Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

Mental Health America “Mental Health America believes each person’s total wellness can be charted along a circular continuum of wellness... there is a path to wellness available to us.”

The Wellness Circle

“Considering health and illness as points along a continuum helps one appreciate that neither state exists in isolation from the other... everyday language tends to encourage a misperception that “mental health” or mental illness is unrelated to “physical health” or “physical illness”. In fact, the two are inseparable” [dept. of HHD]

Mental Health America believes each person's total wellness can be charted along a circular continuum of wellness- called The Wellness Circle .The wellness circle allows us to personally assess our overall wellness at any point in our lives. It reinforces the notion that, no matter where we are on the circle, there is a path to wellness available to us. And, as the data clearly demonstrate, the physical, mental, and spiritual aspects of our total health – our wellness – are inextricably linked along this path. We cannot be truly well by focusing on only one aspect of our health. Perhaps most importantly, the wellness circle reminds us that each of us is only one life's event from needing help with a mental health issue- one step away from a radically different position on our wellness circle .For this reason, discrimination against those facing a serious mental health challenge simple makes no sense, Statistics clearly show we are all very likely to experience just such an event at least once in our lifetime. This is why the educational component of MHA's mission is so vital. If each of us knows that the vast majority of mental health conditions are treatable, we can, no matter how challenging the mental health obstacle we face, always chart a course back to wellness.

Next Month the Three States of Wellness are

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. Wellness Toolbox [From our members at Wrap Group]

Learn to recognize MH 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



Freshen Up Your Body

Spring is naturally the most popular time of the year to begin a cleansing program. A cleanse can help us shed unwanted pounds and improve our energy. According to Chinese medicine, Spring is associated with the liver- an organ essential to digestion and are especially of toxins. Some

foods and drinks that are especially troublesome for the liver include alcohol, Chemicals, drugs, fried foods and meats. An overworked liver may cause low energy, stress, mood swings and inflammatory conditions. There are many kinds of cleanses to choose from, based on the needs of the person. One simple recommendation is to do a few days of fresh fruit and vegetables juices, along with plenty of water. Increase exercise and sweating to help rid the body of excess toxins. Adding more greens to your diet now will help to freshen, cleanse and build the body, also recommended is water with lemon. More Hints Next Month – *“What You Eat and How You Eat Your Food”*.



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?

May Day

May Day, the first of May is celebrated around the world. It has a number of meanings. In many other countries it is a celebration of spring and the coming of summer. It is celebrated with many spring flowers. In many countries it is celebrated as part of a one to three day holiday. Of particular note, it is not a national holiday in the United States, except in Hawaii where it is known as “Lei Day”.

Mother’s Day

Mother’s Day is intended to be a day to celebrate motherhood. Many churches and families in the U.S. recognize the second Sunday in May to honor mothers.

Many years ago, England observed a day to honor mothers in mid-Lent that was called Mothering Sunday. In the United Kingdom, Mother’s Day is in March.

The first known suggestion of Mother’s Day in the U.S. was in 1872 by Julia Howe. She suggested that people observe the day on June 2 as a day dedicated to peace. Others around the country campaign for a national observance of Mother’s Day. They chose the second Sunday in May.

Memorial Day

Memorial Day is on May 30, this year, originally called Decoration Day. It is a day of remembrance for those who have died in the service of our nation. Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966 but it’s difficult to prove the origins of the day. There is also evidence that a woman’s group in the South decorated graves before the end of the Civil War. In either case. Memorial Day is intended to honor any and all dead. Memorial Day is intended to honor those who have given their all in service to our country.





Critter Corner

Spring is also the time of year when fleas, ticks and other parasites start to make their presence known. Though fleas and ticks can be present year-round, their populations tend to increase drastically in the springtime. Both dogs and cats are targets for these parasites.

While fleas and ticks can cause your dog and cat to become uncomfortable, the diseases that parasites carry are of even more concern to your Pet's health. Diseases such as Lyme disease, Ehrlichiosis, Rocky Mountain Spotted Fever, and many others can be transmitted by ticks. Fleas can transmit diseases such as tapeworm, cat scratch fever [to people], and even bubonic plague. In addition, mosquitoes may carry heartworms that are capable of infecting your dog or cat.



CornerBridge Happenings



We are very excited to see our membership growing daily! And WOW have we been busy... On March 31, 2011 we took some members to Concord for a Rally at the state capital over 5000 people were there. This was wonderful to see this many people together for one great reason. April 1st, was April Fool's Day which was a big snow storm Mother Nature played a trick on us. On April 3 was Find a Rainbow Day. Did anyone find one? We held our monthly Birthday Party on the 7th and had a good turn out and we welcomed two new members. We have been going over the kinds of plants we want to plant and reading about them. On April 12th we had a program on Making Maple Syrup read stories, did crosswords, word search pages on what we learned and the great end Homemade Maple Syrup on ice cream! Our Feelings, Self Esteem, Nutrition, IPS and WRAP are on going. We discussed Passover and Easter. April 19th a group went to NH Mental Health Consumer Council Easter Dinner was served on April 21st at 12:30 pm. For our Earth Day program there were lots of discussions on how we can help our planet and puzzles were handed out. A big thank you to my husband's great nieces for the Girl Scout cookies their troop sent to Corner bridge. We all got together to make a Get Well card for a very special person to Cornerbridge Karen Thurston [She is our Board Secretary] but goes beyond that here at Cornerbridge. Karen is always there for us no matter what it is. Please Get Well we all miss you.

Now May please come see us now that weather is better .If you have ideas for trips or programs please let us know. May 2nd a walking group will start at 9:30 am the first Monday in May please join us. We will be doing health programs and special things for holidays. One or two days in May will be a yard clean up - Monday May 16th at 11am Michelle will be here again to do haircuts. Come and help us with sprucing up our yard and get your Spring haircut! Please sign up on the sheet at CornerBridge .

Linda Cormier Lamontagne, Program Director

CornerBridge (aka) Lakes Region Consumer Advisory Board
Learn more visit our website ~ www.nhcornerbridge.org

'if' by Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master,
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it all on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breath a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

Rudyard Kipling (1865-1936)

This classic poem was sent in from Our Board President Rick Hagan

The poem 'If' is inspirational, motivational, and a set of rules for 'grown-up' living. Kipling's 'If' contains mottos and maxims for life, and the poem is also a blueprint for personal integrity, behaviour and self-development.

Cook's Corner



Spring Dinner Recipes Chicken Fingers

4 boneless skinless chicken breast halves pounded to ½ inch thick
Salt and Pepper
3 tablespoons vegetable oil
2 tablespoons barbecue sauce
¼ cup plain dried breadcrumbs

Cut each breast lengthwise into ½ inch – wide strips and sprinkle with salt and pepper. In a small bowl, stir together the oil and barbecue sauce. Spread the breadcrumbs on a sheet of waxed paper – Lightly brush the sauce mixture over chicken strips and then roll them in bread. Preheat the oven to 350 degrees F and cook till done about 30 minutes or until chicken is tender.



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**

Which Mental Health Professional Is Right For Me?

Psychiatrist is a medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. Like other doctors, psychiatrists are qualified to prescribe medication. A Child/Adolescent Psychiatrist has special training in the diagnosis and treatment of emotional and behavioral problems in children.

Psychologist has a doctoral degree in psychology, two years of supervised professional experience, including a year long internship from an approved internship and is trained to make diagnoses and provide individual and group therapy.

Clinical Social Worker is a counselor with a master's degree in social work trained to make diagnoses and provide individual and group counseling.

Licensed Professional Counselor is a counselor with a master's degree in psychology, counseling or a related field trained to diagnose and provide individual and group counseling.

Mental Health Counselor is a counselor with a master's degree and several years of supervised clinical work experience trained to diagnose and provide individual and group counseling.

Certified Alcohol and Drug Abuse Counselor is a counselor with specific clinical training in alcohol and drug abuse trained to diagnose and provide individual and group counseling.

Marital and Family Therapist is a counselor with a master's degree, with special education and training in marital and family therapy trained to diagnose and provide individual and group counseling.

Pastoral Counselor is a member of clergy with training in clinical pastoral education trained to diagnose and provide individual and group counseling.

Mental Health America ~ http://www.mentalhealthamerica.net/files/Getting_Help_1in4.pdf

Q. Who do I contact for more information about CornerBridge and the Concord Peer Support?

A. *David LaCroix*, Exec. Dir.
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PO Box 304
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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.

*Come and visit us ~
Our door is always open.*