



CornerBridge Newsletter August 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 others to affect change.

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.

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.

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



*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

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



Summer Plants for Summer

Growing flowers in pots during the summer is a great way to add color to almost any spot in your yard. Fill the container with well-draining potting soil. Remember to water the container plants more often than you would if they were in the ground. Give the flowers appropriate amounts of fertilizer and you'll be rewarded with beautiful flowers all summer long.

Dianthus ~ Dianthus or “pinks” as they’re often called is an old-fashioned plant with serrated flowers that range from one to several inches across. It has long been a favorite for growing in pots. The sweet-smelling flowers come not only in pink but also red, white, orange, purple and cranberry. Dianthus is a hardy summer annual in all zones of the United States, from 6 inches to 2 feet tall. Grow them in planters that get full sun.

Nasturtium ~ Nasturtium [*Tropaeolum majus*] will grow in the poorest of soils. It’s been around for centuries, known to the ancient Romans. Nasturtium leaves and flowers are edible. Depending on the variety you choose, the plant will grow between 9 and 16 inches in height. Nasturtium’s sweet smelling flowers will bloom all summer long in colors of red, yellow and orange. They need full sun to thrive, and are hardy summer annuals in all zones of the United States.

Swan River Daisy ~ Swan River Daisy, or *Brachycome*, has free-flowering blooms that resemble the daisy. It’s rolled-up petals have tapered ends, making the flower look like a star. They are sweet-smelling and bloom in the colors of blue, white and violet, from early summer through the fall, ranging from 1 to 1 1/2 inches across. Its foliage is lacy and feathery. Depending on the variety, the plant can grow to a height of 8 to 16 inches. The swan river daisy likes full sun. The summer annual flower is hardy in all zones of the United States.

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.



Words of Wisdom:

“Self-reverence, self-knowledge, self-control-these three alone lead life to sovereign power.”[the word sovereign means supreme authority] ~ *Lord Tennyson*

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
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Stay Healthy During the Summer

1. Drink plenty of water. It is very important to drink water. Your body needs water to prevent dehydration during warm summer days. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated much more easily than adults.

2. If you have asthma or other respiratory problems, keep a careful watch on daily air quality reports. Also, don't forget to take your inhaler or other medication with you when you go out.

3. Take a rest or nap. Don't push yourself beyond your physical limits.

4. Wear Sunscreen. Sunburn is painful and unhealthy. Use a sunscreen that is right for your skin.

5. Stay Cool. Wear light, loose-fitting clothing to help you stay cooler.



6. Wear Sunglasses. Sunglasses protect your eyes from the sun's UV rays.

7. Maintain your energy level by limiting your intake of fat and sugar; eat carbohydrates, fruits, and vegetables.

8. Before leaving for vacation pack a few items [calamine lotion, baking soda will help with itchy or painful insect bites.

9. If you have allergies and plan to be traveling / vacationing, find out what will be pollinating in your vacation spot.

10. Know your body. If you are feeling ill, see a doctor. A number of people die each year in the United States due to extreme heat.

HOT! HOT! HOT! HOT! HOT! HOT! HOT! HOT! HOT! HOT!

Tips to Beat the Summer Heat:

- * Pay attention to weather reports and adjust daily routines accordingly.
- * Schedule physically strenuous activities for cooler times.
- * Dress in light, loose, cotton clothing. Wide-brimmed hats keep you cool as well.
- * When working outside, take periodic rest breaks in a cool area.
- * Drink plenty of noncarbonated fluids before, during, and after physical activities. Avoid alcohol and caffeine, which are diuretics- substances that increase water loss via the urine.
- * Never leave children or pets inside a car, even if the windows are open.
- * If you are taking medication, ask your doctor about its side effects.
- * Keep cool with fans, air conditioning, and cool baths or showers.
- * Get plenty of sleep and eat light, nutritious, and non-fatty meals.
- * Be aware that when active in a hot, dry climate, for example when playing tennis, salt as well as water are lost in sweat. Under such conditions restriction of dietary salt by healthy individuals may be unwise. However, salt tablets are rarely necessary



A Note From Outreach Plymouth Area

We are currently are meeting on Fridays from 12 to 1pm on the common in downtown Plymouth for some lunch. Feel free to bring a bag lunch or coffee and join us for good company and a chance to enjoy our beautiful community.

Upcoming/ still in the works: Some of us have an interest in meeting on Wednesdays from 11am to 12noon for a walking group. We will decide when meet what route we will take to walk. Exercise is very important to maintain mental wellness. If you are interested in joining us or have questions about Peer Support contact Cindy Robinson, outreach coordinator - 412-7050 Outreach home visits are available by appt. contact Cindy. We will also be planning a beach day at Wellington State Park on beautiful Newfound Lake. Stay tuned for more details as we are still working them out.

Cindy Robinson, Outreach
CornerBridge ~ Plymouth Area Pemi Valley Outreach
630-412-7050



Our Pet Corner.

Do dogs and cats get heat stroke?

Yes, they sure do. Don't ever leave your pet in the car with the windows rolled up. On very hot days. Don't lock your pet in the garage. Remember that your dog or cat are just as vulnerable to the heat as your children and need to have plenty of water available and a cool place to rest. If it is hot, take it easy with your pet- play less, cool off more often.

How do I remove a tick from my pet?

It is very easy for dogs and cats to acquire ticks in their hair coats. If you see a tick attached to your pet's skin, don't cover the tick with petroleum jelly, rubbing alcohol, or fingernails polish, or try to burn the tick with a match. Instead, grab the tick as close as you can to the skin using tweezers. Swab the area with alcohol once the tick is removed.

Can my dog get sick from a bee sting?

Lots of dogs snap at bees and flies that are buzzing around. Sometime, the bee might sting your dog in the lip, resulting in some local swelling. If your dog allows you to put some ice on the swelling, it will often go away. Sometime however, a bee bite may result in an allergic reaction. Should your pet exhibit extreme swelling on his entire face, lips and eyelids, you must call your veterinarian.

CornerBridge Happenings



A big hello to everyone .I hope everyone is having a great summer. The weather has been hot but no rain. Our members have been busy doing things with families and friends. WE miss all our members who have not stopped by, nice and cool in here with the AC and ice coffee or tea.

We went to the Weirs Beach to walk around and to Opechee Park for a picnic, it was a beautiful day. Bob S. did a great cook-out on July 4th Thanks Bob and we attended the NH State Mental Health Consumer Council on Tuesday July19.

Some bad news, we had our sign taken from the porch. The Laconia Daily Sun put a write up about it in the paper. Thank you Ed Engler. I have received many calls from concerned people in the community. Wednesday was too hot to do any thing so we had an ice cream party with movies. Went to the Food Bank the last week in July for our food supply. August will be going over our calendar of activities and make a few changes –If you have ideas please come over or call us. Planning some trips to the State Parks and beach while we still have the nice weather. Hope the rest of the summer is wonderful for you all. Hope to see you all soon with all your great ideas.

Linda C. Lamontagne, Program Director
CornerBridge
328 Union Avenue
PO Box 304
Laconia, NH 03247
603-528-7742
linda.cornerbridge@metrocast.net

Pointers on how to start a journey-

- *What is your favorite activity?
- *What is your favorite song?
- *What is your all-time favorite movie?
- *Where is your favorite place?
- *What is the best thing you have ever done for yourself?
- *What is the best thing you ever done for another person?
- *What is your biggest success?
- *Of what are you most proud?



Don't stop there. You know yourself better than anyone. Keep on.

Think about your life as a joyous needing to be told. No one need be there, so don't be ashamed or afraid-tell it to yourself.

To keep update on happenings at CornerBridge visits our website: www.nhcornerbridge.org and check out our web calendar.

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

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



Four Season Pasta Salad

Cook's Corner



16 ounces uncooked spiral pasta
1-1/2 cups cauliflower florets
1-1/2 cups sliced carrots
1-1/2 cups snow peas
½ cup prepared Italian or Honey-Mustard Salad dressing

1. Cook pasta according to package directions, adding cauliflower, carrots and snow peas to saucepan 3 minutes before end of cooking time. Drain pasta and vegetables; run under cold water to stop cooking and drain again. Transfer to large bowl.

2. Add salad dressing; toss lightly to coat.

Summer Smoothie

Peachy Keen Smoothie

2 cups frozen sliced peaches

1 container [6 ounces] reduced-fat yogurt

½ cup reduced – fat [2%] milk

¼ teas. vanilla

Place peaches, yogurt, milk, and vanilla in blender. Blend till smooth. 2 servings

Cool Melon Smoothie Recipe

(serves 2)

2 medium sized cups seedless watermelon

1/2 cup of plain yogurt

1 tablespoon of sugar (optional)

1/2 teaspoon of ground ginger

1/8 teaspoon of almond extract (optional)

1 small cup of ice

Combine all ingredients in blender, blend for approx 40 seconds, pour into two glass and enjoy!

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.



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

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

Countering Discrimination and Stigma by Promoting Mental Health Recovery and Resiliency

The National Coalition for Mental Health Recovery is a coalition of people with psychiatric diagnoses¹ who counter stigma and discrimination through the evidence of their recovery.

KEY POINTS

- Research shows that people recover from mental illness/severe emotional distress.
- People who have psychiatric histories must be included in discussions concerning them just as other groups are included when decisions are made about them.
- The mental health community needs to focus on wellness promotion and programs that support recovery and resiliency.

RECOVERY AND TRAUMA

- Trauma—such as bullying, physical and sexual abuse, exposure to violence or natural disaster, physical and emotional neglect, and general disrespect of people who appear different or odd—plays a major role in the development of emotional distress and the diagnosis of mental illness.
- Wellness and recovery services and supports that address trauma are especially needed for young adults because adolescence and young adulthood are stressful, transitional times.
- Peer-to-peer support and open dialogues with diverse stakeholders are two of the most promising methods of engagement for people with histories of trauma, emotional distress, or mental illness.

MEDIA AND STIGMA/DISCRIMINATION

- The media perpetuate the *myth* that people with mental illness are more violent than the general population. Research shows this to be untrue. In fact, people with mental illnesses are more often victims of violence than perpetrators.
- “Nothing about us without us:” Those of us who have personal experience with recovery from mental illness should be consulted by the media and others when mental health topics are in the public policy arena. We can provide a broader understanding of the issues involved and offer positive solutions. We also can offer information about selfhelp/advocacy organizations we have developed around the country and about the active role we are playing in transforming the mental health system. Allowing others to speak *“for”* us perpetuates the myth that we are unable to represent our own interests.

