

# CornerBridge Newsletter

February 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

*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)

## Critter Corner



### Caring for Your Pup's Paws in the Winter Article provided by Dogster

Winter can be a tough time for a dog's paws. Prevent weather-related paw pad injuries by following some basic tips and the use of products designed for paw protection.

#### Preventing Paw Pad Injuries

One of the biggest threats to healthy paw pads is the salt used to melt ice on driveways, roads and sidewalks. Prolonged contact can lead to chemical burns on dog paws. If your dog is limping by end of a walk, deicing products may be hurting his feet. Try to keep your dog off the salty sidewalk (think grass or snow) whenever possible.

Another threat from deicers is ingestion. Dogs may lick their paws or your boots and ingest deicing salts. To prevent your dog from ingesting deicing salts, keep a shallow bowl of warm water and a cloth near the entryway to your home so that you can wipe your boots and your dog's paws when coming back inside.

Another common cause of sore paws during the cold winter months are the ice balls which form between the pads and toes of hairy-footed dog. To reduce the risk of ice balls, keep inter-pad hair trimmed neatly and short during the winter months. Not only can hairy feet contribute to the development of ice balls on the feet, paw hair can retain a lot of those nasty deicing salts. If your dog has hairy feet, trim them throughout the winter.

Dogs left in the cold for long periods of times are also at risk for frostbite on paws and hypothermia. It is not advised that dogs spend hours in the cold. In winter, frequent short walks are better for your dog than a single long walk

Bag Balm, a product available at nearly every pharmacy, applied in a thin layer daily or every other day should help keep your dog's paws from cracking and bleeding. Keeping a humidifier in the house should also prevent dry, itchy skin for both you and your pet.



#### CornerBridge Happenings

It is February and Punxsutawney Phil was raised from his burrow. After casting an inquisitive eye toward thousands of his faithful followers... He surveyed his surroundings carefully and found that there was no shadow around.  
*"So an early Spring it will be!"*



Join us as we start off each morning with Feelings and practice this throughout the day. On Mondays this is followed by our Community Meeting, Menu Planning, News/Current Events and IPS.

Want to learn more about IPS (Intentional Peer Support)? Intentional Peer Support is a way of thinking about purposeful relationships. Join us on Tuesdays from 1-4.

Tuesdays are also exciting with Exercise, Current events and Computer Help. Computer Help started on Tuesdays at 12:30. If you would like to learn some new skills or freshen up on some old ones come on in and pull up a chair.

On Wednesday we have Self Esteem followed by our Book Club group. Arts and Crafts is always a favorite and we now have a new group WRAP from 1-4pm “WRAP” stands for Wellness Recovery Action Planning: overview of proactive steps one can choose to take, using crisis for growth, take stock of your own goals, strengths, skills, and resources. Share, care, and inspire each other to be and actively stay well and learn to embrace life.

Thursdays groups are always a favorite with Nutrition and Cooking followed by clean up and music and Relaxation.



Fridays are saved for working with our houseplants and learning new ideas for taking care of our best friends our pets.



On February 14<sup>th</sup> we will be hosting our Valentine's Coffee and Cookies at 12:00pm ~ come join the fun. It is always nice to sit and meet new friends.

For our how to stay healthy session we will be learning hand washing tips on February 22<sup>nd</sup> with a gift of hand soap and nail brushes for all who attend.

There are three ways for you to see the CornerBridge Happenings: 1. Download our calendar which are located on our website: [www.nhcornerbridge.org](http://www.nhcornerbridge.org) or check out our web calendar. 2. Call for more info 527-7742 or 3. We are open 10:00am to 4:00pm every day ~ come have a cup of coffee and share warm talks with friends.

**Looking for something to do for fun?** This month there is lots to do in Laconia. Dog Sled Races are the 11<sup>th</sup>, 12 and 13<sup>th</sup>. If you have a chance to go watch the dog sled races do so ~ the dogs are beautiful and it's good to get outside for some fresh air. Also for those who like to fish the Fishing Derby is the same weekend on Lake Winnepesaukee.



## Staying Healthy in Winter ~ A few Tips

**Hand washing: Do's and don'ts** ~ Hand washing is an easy way to prevent infection. Understand when to wash your hands, how to properly use hand sanitizer and how to get yourself into the habit.

Frequent hand washing is one of the best ways to avoid getting sick and spreading illness. Hand washing requires only soap and water or an alcohol-based hand sanitizer — a cleanser that doesn't require water. Find out when and how to wash your hands properly.

**When to wash your hands** ~ As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Always wash your hands before:

Preparing food

Eating

Treating wounds or giving medicine

Touching a sick or injured person

Inserting or removing contact lenses

Always wash your hands after:

Preparing food, especially raw meat or poultry

Using the toilet

Changing a diaper

Touching an animal or animal toys, leashes or waste

Blowing your nose, coughing or sneezing into your hands

Treating wounds

Touching a sick or injured person

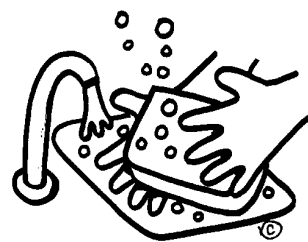
Handling garbage or something that could be contaminated, such as a cleaning cloth or soiled shoes

Of course, it's also important to wash your hands whenever they look dirty.



**Five Steps to Hand washing** ~ Proper hand washing takes 15 seconds. A good hand washing can be accomplished in five steps.

1. Wet hands with water
2. Apply hand soap
3. Lather and wash at least 15 seconds
4. Rinse both sides of hands with water
5. Dry hands and shut off faucet with towel



Keep in mind that antibacterial soap is no more effective at killing germs than is regular soap. Using antibacterial soap may even lead to the development of bacteria that are resistant to the product's antimicrobial agents — making it harder to kill these germs in the future.

## Cook's Corner



### Ravioli & Vegetable Soup

From EatingWell

Fresh or frozen ravioli cook in minutes and turn this light vegetable soup into a main course. Look for whole-wheat or whole-grain ravioli in the refrigerated or frozen section of the supermarket. Tortellini can be used instead of ravioli as well.

- 1 tablespoon extra-virgin olive oil
- 2 cups frozen bell pepper and onion mix, thawed and diced
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper, or to taste (optional)
- 1 28-ounce can crushed tomatoes, preferably fire-roasted
- 1 15-ounce can vegetable broth or reduced-sodium chicken broth
- 1 1/2 cups hot water
- 1 teaspoon dried basil or marjoram
- 1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
- 2 cups diced zucchini, (about 2 medium)
- Freshly ground pepper to taste

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

**4 servings, about 2 cups each**

**Active Time:** 25 minutes

**Total Time:** 25 minutes

**Make Ahead Tip:** Cover and refrigerate for up to 3 days. Thin with broth before reheating, if desired.

Per serving: 264 calories; 9 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrates; 11 g protein; 8 g fiber; 763 mg sodium; 762 mg potassium.

**Nutrition Bonus:** Vitamin C (60% daily value), Vitamin A (40% dv), Iron (21% dv), Calcium (16% dv).



## 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 [lrcabl@metrocast.net](mailto: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.

## Mental Health Fact

- About half of mental disorders begin before the age of 14. Around 20% of the world's children and adolescents are estimated to have mental disorders or problems, with similar types of disorders being reported across cultures. Yet, regions of the world with the highest percentage of population under the age of 19 have the poorest level of mental health resources. Most low- and middle-income countries have only one child psychiatrist for every 1 to 4 million people.
- Stigma about mental disorders and discrimination against patients and families prevent people from seeking mental health care. In South Africa, a public survey showed that most people thought mental illnesses were related to either stress or a lack of willpower rather than to medical disorders. Contrary to expectations, levels of stigma were higher in urban areas and among people with higher levels of education.

## 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**

## About Wellness Recovery Action Plan® (WRAP®)

**WRAP works!** It has been developed by a group of people who experience mental health challenges. These people learned that they can identify what makes them well and then use their own wellness tools to relieve difficult feelings and maintain wellness. The result has been recovery and long-term stability. Your WRAP program is designed by you in practical, day-to-day terms and holds the key to getting and staying well. It does not necessarily replace traditional treatments and can be used as a compliment to any other treatment options you have chosen.

**In developing your own WRAP,** you'll identify the wellness tools that will most benefit you and will learn how to use these tools when needed, every day or when you have particular feelings or experiences. WRAP will help you monitor and relieve uncomfortable and distressing feelings and behaviors and identify your best course of action. WRAP planning also includes Crisis Planning (an Advance Directive) that lets others know how you want them to respond when you cannot make decisions, take care of yourself, or keep yourself safe, and a Post Crisis plan to guide you through the often difficult time when you are healing from a crisis.

**WRAP is developed by you.** You choose who assists and supports you whether they are family, friends, or health care providers as you work on your own plan.

- 5 Key Recovery Concepts**
- Hope
  - Personal Responsibility
  - Education
  - Self Advocacy
  - Support



## Ask the Question?

### **Q. How can I become a member of CornerBridge?**

**A.** It is easy and free, and anyone is invited to participate. As our by-laws state, prospective members will meet the following criteria:

- 1) You self-identify as a person who is currently receiving, has received in the past, or may receive in the future, mental health related services.
- 2) You are eighteen years of age or older
- 3) You are in agreement with the mission and values of CornerBridge and Concord Peer Support.

### **Our programs are grounded in the principals of:**

Intentional Peer Support

Personal responsibility and accountability

Wellness

Respecting other's thoughts and beliefs as valid and important

Growth beyond the limits that stigma has placed upon us

Creating and maintaining a strong, active voice and presence dedicated to social change. Through this presence we can increase understanding and decrease oppression within our community and the wider society.

### **Values Support Growth and learning:**

Place where people feel valued and not judged

Shared responsibility / mutual support

Advocacy / self determination

Direct Communication

Safe / Positive Environment

Building connections

Courage / Empowerment

Respect for differences

Strengths and recovery based support

Commitment to Peer Support

Non-medical approach

Social Change and reduction of stigma

Forgiveness