

July 2010

CornerBridge

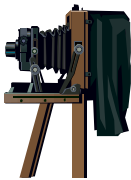
Definitions Sheet

A PEER'S HOME AWAY FROM HOME

328 Union Avenue

LACONIA, NH 03246

1 Anger Management is given to quell people's feelings that have turned into too much anger. Learn how to stop the anger before it begins.



2 Arts & Crafts is a Sunday morning activity. Bracelets and necklaces can be made here to your own liking.

3 Bingo is played on Saturday afternoon. It is only 25 cents a sheet. Chucky is our caller.

4 Bowling happens every second or third Saturday of the month but only every other month.

5 Community Meetings start Saturday mornings to decide where and when we will take an educational, field, or recreational trip to broaden our horizons. We can also input: what, where, and how CornerBridge activities are chosen.

6 Our Computer has internet hook-up. There are extra computers with printer connections.



7 Consumer Council is held the Third Tuesday of the month. This is a "Consumer" run organization with consumers heading up the discussions. Topics vary from month to month. It is from 9:30am to 1:00pm in Concord. Ask Dana for transportation. There is room for three.

8 Educational Trip: An Educational trip is being planned to speak with our State Representative about the services to the mentally ill. Please give us your preferred time. My e-mail talks of a donut hole. I'm not sure what is meant by that.

9 Feelings are expressed on a large paper pad on an easel in the dining room. It lets us know how you feel. Sometimes we are down and not feeling well. Let us know how you feel. We would be happy to talk your ills away.

10 Food Prep and Pot Luck Lunch are usually on Thursday and Saturday mornings. Some prep is done the day before. In this activity you learn the short cuts in making a large meal for fifteen or twenty people. You learn to cook foods in a different way.

11 Games are being played in the Dining Room at any time of the day. We have Yahtzee, Gin Rummy, Pictionary, Monopoly, and many more.

12 Hope: is like a part of WRAP, which is how we put our goals ahead of us to "move towards".

13 Movie of the Week: The movie of the week is chosen from what the members bring in or what is on the television on Sunday.

14 News-talk Consumers will each read the newspaper and discuss the events of the day in the community. They will talk about the affairs of the state and nation.

15 Sudoku is a math puzzle solved by placing numbers in a nine digits square, row, or column. Good luck!

16 Walking has been done at the Belknap Mall. If you want to do it, take a ride downtown, we can take you there too.

17 RQT is a group where we really feel like we are making a change for our "wellness better-ment". We have a Genesis member and a legal person who know the ropes in their professions. Hence! We get results!



18 Stop Smoking shows us how many and who are trying to quit smoking. Please help them quit with good words

19 Self Esteem: Indeed self esteem needs fine tuning for each member. We have some books to support your needs.

21 WRAP The "Wellness Recovery Action Plan" was written by Mary Ellen Copeland. It wants us to notice our "trigger" and maybe have our fellow peers to help us.

22 Yahtzee is a game played with five dice and with some understanding of math skills.

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Newsletter

by Dana Whiston



We don't have this cactus but we have jasmine, some Daffodils and pansies to brighten up the dining room.

The marigolds along the ramp are always thirsty. The petunia is looking very good in the hanging pot on the porch.

Have you seen our geranium pot? We need to cut it back. We will have many more new plants.

The birds have returned to our blackberry tree out back. I have seen cedar waxwings, cardinals, phobies, grackles, and chickadees.



I visited Weirs Beach on Sunday June 13th, and saw the early group of bikers. It was a little wet on the first weekend. The Daily Sun said that the total numbers were less than in other years and showed that 2009 was 30% less than 2006.

On race day the biker I met at DD said he was going to the Weirs not the race.



A member of the Joblink staff asked me to give an example of a person who was able to obtain a job in the Laconia area.

Here is a pretty good example. This person went around to about ten different stores. They asked for an application from all of them.

Then they noticed that five of the applications were the same. So they filled out only six and copied the other five.

Two days later they went back to the stores. One store had an opening for right away. *This person was excited.* They insisted they would LOVE to start right away. AND THEY DID!

Dana