

CORNUCOPIA

**A place to lead A place to learn
A place to believe in ourselves**



August 2007, Vol. 11, No. 8

Restoring Lost Dignity

Salem, Oregon June 30

Oregon State Hospital in Salem was made famous by the 1975 movie "One Flew Over the Cuckoo's Nest," starring Jack Nicholson.

More than 30 years later, many of the buildings are now vacant. There are dust-covered hallways where dozens of wheelchairs now sit idle. Hanging from the wheelchairs are tags bearing patients' names. All of them are patients who have long since died.

For nearly six decades, the patients who died at this hospital were cremated. Their remains were stored in the basements of the hospital buildings here. Many of the buildings are no longer used.

Today, nearly 3,600 of those patients remain unclaimed. They are family members left behind.

"The canisters were stored in the basements of various buildings here, and then as those rooms were needed, you know, they got moved around," said Joni Detrant, Oregon State Hospital's spokeswoman. "We found paper labels on some of them, but most did not have labels. They were imprinted on top with numbers."

The numbers are all that is left to match the remains to aging medical records. Sadly, mental health advocates say it is a picture mirrored across the country.

"These kind of master books or maps get lost, and all you're left with is a series of numbers," said Ken Duckworth, an advocate with the National Alliance of Mental Illness. "It just adds to the lack of dignity that these people have."

At Central State Hospital in Georgia, there are 25,000 graves with no

By David Muir

names. At a former mental hospital in Danvers, Mass., there are hundreds more. But in Oregon, there is a new law that aims to restore some of that lost dignity. It allows current generations, armed with as little as a loved one's birth date, to learn if their relative's remains are here.

Bill and Rita Snyder learned of the effort. The Snyders wondered if Bill's two late uncles, who as a child, his family rarely spoke of, could be here. They were. "It was alarming to think that they would be sitting somewhere in a basement," said Rita Snyder. They've retrieved them along with the medical records that said one uncle died from being an "idiot."

"I think this is an opportunity to understand, I think, what is a piece of American mental health history that is both sad and tragic," Duckworth said.

One Oregon lawmaker said the new law is a chance to make amends — even if the law is decades overdue.

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Making Recovery a Ritual

By Pamela R. Valenta

Consumer Coordinator, Mental Health Center of Dane County

Mental Health Recovery is an individualized plan for the creation of a more comfortable and creative life. Change is difficult for most people; implementing the principles and benefits of ritual can greatly ease the transition from old ways into a healthier, more centered life.

A ritual doesn't need to involve elaborate tools or procedures, the value is most beneficial when applied to common daily activities.

The benefits of incorporating a ritual into each day can be to:

- * Help clarify sense of self
- * Define a way of living with purpose
- * Contribute balance and rhythm to activities
- * Connect people with the same or similar activities
- * Create celebration out of monotony
- * Impart improved physical health and immune function
- * Decrease stress

Continue practice of rituals incorporated into a treatment plan to transform the plan into a way of living. For example: A goal of eating healthy food, weight loss, and improved health and mobility could be converted into an "appreciation ritual."

Admire the beauty, color and order of fruits and vegetables; visit a Farmers' Market; enjoy preparing a healthy simple meal for a friend.

Instead of thinking this food isn't a double cheeseburger and fries, focus on acquiring new pleasures and letting go of unproductive habits.

The new habits can be a source of contentment and anticipation for future balance and advancement along the recovery path.

Yeah and Congrats!!

We have an exhibition at the Overture Center June 21-September 14, 2008. Mary Nelson submitted a successful proposal on the theme "Crazy" with ten paintings by members. Details to come or certainly Mary will be happy to tell you more about it.

We also have an exhibition at the Central Library this September. See p.2 to see how you can put a piece in and Thursday afternoons is framing day 2:00-3:00 with Deb & Dawn!

Major funding provided by:



Grassroots Empowerment Project

Phone 608-257-7489

E-mail copia@sbcglobal.net

www.cornucopiainc.org



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If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work."

— Thich Nhat Hanh

Library Show Time again...

It's that time of the year again we getting all our art work together for the September library show at the downtown library. If you have something you are thinking of putting in the show bring it in and we will talk about framing it. Work that is already framed would be great as well. Members mark you calendars and be ready to invite family and friends to the party on September 29. There is sure to be more questions, feel free to ask the office manager so they can get the message to me. In the monday class we will be having our usual fun and doing what we usually do which is whatever we want and like to do. Monday Mary

MEMBERSHIP

Membership is open to past or present mental health consumers, family members, allies and supporters. Membership entitles you to participate in all activities for the current year (Jan 1- Dec 31) and entitles you to the newsletter. Computer lessons are only open to consumers. Participants in Cornucopia agree to help create a safe, friendly drug and alcohol free environment.

DATE: _____

Yes, I want to be a member of Cornucopia

- Enclosed please find my membership fee of \$24.00
Enclosed please find my membership fee of \$12.00 to be paid over two months for a total of \$24.00

OR: I want to subscribe to your newsletter.

- Low income \$8.00
Regular \$12.00
Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.

Yes, I/we support your mission and would like to make a donation to your organization. I/we wish you the best in achieving your goals of providing a place for people's creativity and self-realization.

Donations are tax-deductible.

- Friend \$25
Donor \$50
Sponsor \$100

Name(s) _____

Address _____

City, State, Zip _____

Phone _____

If you're new, how did you hear about us? _____

Please make checks payable to Cornucopia Inc
Detach and mail this form to Cornucopia Inc
306 N Brooks St, Madison WI 53715-1002

Cornucopia reserves the right to administrate membership.

Wellness Recovery Action Plan Class in September: Sign Up Now

Starting September 17, Benita Walker and Gail Auerbach will be leading an 8 week class on Wellness Recovery Action Planning (WRAP) at the VA CSP, just across the hall from Cornucopia. On September 10th at 4:30 at the VA I will show a 30 minute video introducing WRAP so folks can see if they want to take the class. WRAP is a self written tool to help self-manage your mental illness (along with mental health providers and other supporters) and has a crisis plan to tell others how you would want to be treated in a psychiatric emergency when you may not be able to advocate for your self. Gail and I both have WRAPs and it has saved me from two hospitalizations in the 5 years I have had my plan. Benita is a nationally trained and certified WRAP facilitator and Gail has facilitated countless groups of all kinds. Both of us are mental health consumers and have masters degrees in workings with other folks with mental illness. The class will start September 10th and run for eight weeks from 4:30 to 6:30. All class members will get a free WRAP book and also get samples of two completed WRAPs so participants can see what a completed WRAP plan looks like. Hope to see you all in September. Register by calling Cornucopia, 257-7489.

Summit Credit Union logo and address information.

This newsletter is published with generous support from



ACTIVITIES & NEWS BITS

Do you want to start a Hearing Voices Group?
Trainings available 2 pm-3pm Tuesdays
at Cornucopia

There are ten groups already in the USA and eight in the works now. These are peer-run hearing voices groups.

NATIONAL VOICES WEBSITE

www.hvn-usa.org

Welcome to the world of sculpey. Come make beads, jewelry, broaches, necklaces and much more. Shawn will teach you how to make anything that he knows how to make and try to help you with anything else. Come and learn. Wednesdays 1, 8, 15, 22 and 29. 11:00-12:00
Shawn

Mary Chen's Creative Writing Fridays 1:00-2:00

Learn about the art of writing poetry and share your poetry with others in this laid-back class. We will read and analyze poetry by professional authors as well as critique each other's work. Lessons will include learning about various writing techniques and styles. There will also be time for writing exercises while in class, or you can work on your own pieces during the allotted time.

Papier Potpourri: Multicultural Papercrafts Class

Whoa, handmade paper out of recycled used paper, what a concept. Anyhoo, join us in August on every Monday morning (except the 3rd Monday of the month) from 10-12 noon in the Cornucopia Gallery to learn how to make paper pulp from shredded paper, screen paper sheets from screens we'll make ourselves, and make decorative pictures and bowls out of used paper. If you have any typed on, colored paper you'd like to donate for shredding, we'd greatly appreciate it (as well as embroidery frames and dried flowers or potpourri). Future months paper craft projects will include origami, papel picado, scherenschnitte, and Italian quilling. Be there and make a square - of paper, of course. © Laure

NEW: folksongs on Wednesdays with Paul C.

I would like to think of some folk songs where everyone is included. Come join and sing along with Paul Camino.

Wednesdays 1:00-2:00

Come join Games group on Mondays at 12:30 with Rich right after lunch... Yahtzee is usually the game, but also Scrabble is a happening game. Or come along and play what you want to play. Come on in! Eat lunch for a dollar and then join in on Games Group. See ya'.

Our clay program is supported by:



Clay Tuesdays 10:00-noon Hey, It's the end of the summer, let's try new things in clay class. New animals, new bowls, chess pieces...whatever you have in mind. Come with ideas. Dana

Leather & Multi-Media Crafts with the

Debs: What a happening spot. You have a chance to create your own designs on belts, wallets, watch and wristband. That's just leather. We have felted sweaters so you can design your own purses, mittens for the winter. Hemp necklace and bracelets have also been happening. Come check us out Thursday 12:30-2:00. So like fun!!! Deb Griffith

Framing Workshop all of August. 2:00-3:00 every Thursday. All artwork or prints. With Deb Gehrke and Dawn



Thank you, Adam, for helping do outreach presentations. Adam and Karen M. did two presentations at CSPs.

If you would like to represent Cornucopia at the Triangle Ethnic Fest on Sunday, August 19, we'll have a table. Sign up for shifts in the office. Shifts are two hours or however long you feel you can help out. Thanks!

Computer Tutor Hours

Open Computer Tutoring Hours: Wednesday Afternoon August 1, 8, 15, but not the last two weeks! 2:00-4:00 with Jade. Come in and learn how to set up an email account, work with word processing and whatever you need help with. Or just hang out.

Also New Computer Tutor Hours on Tuesday with Robin August 7, 14, 21, 28 1:00-3:00 If you can't make it in on Wednesdays, come on in on Tuesday afternoons....

International Art Hour with Vickie Friday

1:00-2:30 Aug 24th focus on Cameroon Vickie will be your "tour guide" for the first 15 minutes, leading you through a bit of the cultural history and traditional arts of your destination. Then you'll have the rest of the hour to try one of the techniques for yourself while listening to music from your destination.

Scott Tremel's Friday Painting and Drawing Class

Do you like to use your creative imagination...such as transforming the sun into a yellow dot on a canvas? If you have free time on Fridays from 11am-1pm you are in luck because the studio is available and ready for you. Come and paint or draw a masterpiece. Using your creative imagination can be fun! ~ Scott

Events near & far

Tell them you saw the notice here. Let us know if a listing is incorrect. Call us at the Cornucopia office, 608-257-7489 Thank you for your feedback!

If you want to attend an event but can't afford it, call the number listed and ask about scholarships.

Celebrate Recovery (Christian) small groups
Tues 7:30pm, Mt Horeb Risen Savior Cafe 608-575-2681

Depression & Bipolar Support Alliance support.
Laura 241-5788 / Mindy 233-0303 / dbsa@email.com

Peer Support for Anorexia & Bulimia National Association for Anorexia and Associated Disorders. 402 S. Gammon Firststar Building, Mineral Pt & Gammon, 7-8:30 Tuesdays 274-7042

Overeater's Anonymous 663-8823

Eating Disorders Friends & Family Support Group
For those who have a loved one with an eating disorder
6:30-8:00pm third Thursday, Rm. 4643, St. Marys Hosp. 276-7765

Eating disorders support group
Mon 7:15-8:30 Covenant Presb. 274-5115

Interfaith Depression & Bipolar Support
Thursdays 7-9:00 pm
Christ Lutheran Church, Stoughton Gary 873-1938

Mad Town Secular Recovery
from alcohol or drugs Thur 8pm / Sun 9am
Wil-Mar Neighborhood Ctr 608-220-7045

Madison Hearing Voices Group Tuesdays 3:00
Cornucopia Gallery Rm./Thursdays 2:00
Mental Health Center Rm. 14. SOAR 608-446-0104 or
progressiverecovery@hotmail.com.

Recovery, Inc.
Self-help group for persons dealing with anxiety & depression. Mondays 6pm Kennedy Building Rm. 238, Steve 249-5230

Mild Brain Injury network
Every 3rd Thurs 6:30-8pm at Meriter-Park, Madison
Community Health Education Ctr Atrium 238-3571

New Directions peer support for separation or loss of relationship. Thur 7-9 St Dennis 245-0829

Rainbow Connection
Social group for LGBTQ people who have experienced mental illness, 4-6pm 2nd/4th Thursdays. 255-8582.

Self-Management & Recovery Training
Abstain from addictive behavior
Wed 7-9:00pm Wil-Mar Center 608-238-5176 ext.365

Survivors of Suicide of Dane County Support Group
2nd and 4th Tuesday 7-9 pm 280-2700.

NAMI Dane County Support Groups
Peer led, open to all. 249-7188 www.namidaneconomy.org
United Way building, 2059 Atwood, Madison

Parents Mon Aug 6 & 20 7:00-8:30

Schizophrenia Sat Aug 11 & 25 1:00

Depression/Bipolar Sun Aug 5, 12, 19 & 26 & 6:30-8:00
and Tues 6:30-8:00 Aug 7, 14, 21 & 28

NAMI Wisconsin website for helpful information for people with mental health struggles: www.namiwisconsin.org

New Directions Information Center Consumer-run information center to facilitate community partnerships and provide quality choices for those seeking information about mental health/substance abuse services. **280-2674**
National Suicide Prevention Lifeline
1-800-273-TALK www.SuicidePreventionLifeline.org
Callers receive suicide prevention counseling from trained staff at the closest certified crisis center in the network.

Wisc Pub Psych Net Mental Health Teleconference
Thursdays 11:00 to noon Call 608-316-0022, code 1099
http://dhfs.wisconsin.gov/MH_BCMH/Teleconference/TeleconferenceSch.htm

Aug 9 TBA
Aug 23 The VA: Mental Health and Returning Veterans **Robert Kelter and Carolyn Myles, William S. Middleton Memorial Veterans Hospital**

MOST: Mobile Outreach to Seniors Team seeks to promote older persons' social, emotional and physical well being thereby enabling them to live more independent, satisfying lives in a setting of their choice. MOST is staffed by trained, experienced clinicians who are sensitive to the concerns of older people (55 or older). 8am-5pm. 280-2480 Pat Anderson.

UW Job Center Listings
www.jobcenter.wisc.edu
Database updated daily
608-262-5627/262-6313
432 N. Murray St.
Madison 53706-1496

Four Agency Cooperative Effort (FACE) offers **group therapy** for Dane County residents:
Depression, fear, anger, aggression, ADD, women, men, loss, abuse, survivors, trans-parenting, body image, addiction & more. En Ingles y Espanol. 256-2358.

Job Seekers' Network
Free job search info & support
9:00-11:00 Mondays
Dane County Job Center
1819 Aberg Av, Rm 6, Madison
608-242-4886 Lynda

www.danejobs.com for free workshops and other services at Dane County Job Center.

Double Trouble in Recovery 12 Step Study Group: Every Monday night at 6:00 pm. A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problems and help others to recover from their particular addiction(s) and mental disorders. **St. Lukes Episcopal Church, 4011 Major Ave. Madison. Enter through back door in parking lot. 438-1960. www.doubletroubleinrecovery.org**



Donna Holzem working hard to learn how to produce the newsletter.

Members' Works and Various Haiku...

THERE IS ALWAYS HOPE

Don't feel bad,
Or feel like a dope,
Because in life,
There is always hope,
Hope is something,
We all have within,
Having hope,
Is where it begins,
When things get bad,
And you feel like a clown,
Having hope,
Can turn it around,
If things get rough,
And you're sure you're through,
Having hope,
Can get you through,
So bask in hope,
It can turn things around,
A single heart beat,
A joyful sound.

— *Dylan Abraham*

Metaphor Haiku

My cat is a cloud's
shadow drifting aimlessly
across the mown lawn.

— *LAQ*

Children in a Row

Gardens fill with rows.
Many in our family.
Harvest the children.

— *Donna Holzem*

Simile Haiku

My cat's as a cloud
— gray and fluffy — one minute
here and gone the next.

— *LAQ*

Aging

My dad is dying.
A little piece at a time
He is not afraid.

— *Donna Holzem*

Personification Haiku

My cat cusses out
the clouds who pour rain upon
his wet, barren head.

— *LAQ*

Revolution

Family is aged.
Generations too extreme.
Like the sun that turns.

— *Donna Holzem*

Simile and Personification Haiku

My cat is purring
like a lawnmower puffing
up a steep, steep hill.

— *LAQ*

Blush not with Desire

Touch not the gentle hunger.
Let pleasure glisten.
Like wild delicious perfume.
Taste of the nectar.
To celebrate and caress.

— *Donna Holzem*

Nash Suggests Schizophrenia May Serve Adaptive Function

Psychiatric News July 6
Volume 42, Number 13

Mark Moran

At APA's 2007 annual meeting in San Diego in May, Nash spoke to a jammed-to-the-rafters crowd in an address that had to be delayed to clear the aisles of people who couldn't find seats.

Applying his specialized understanding of "game theory" to an analysis of mental illness and his own experience with psychosis, the 79-year-old Nobel Laureate suggested that severe mental illness exists in nature as a consequence of the diversification of species, and that it may serve the needs of adaptation by its not infrequent association with genius.

It is a line of thinking that has been followed by such renowned psychiatric researchers as Nancy Andreasen, M.D., and Kay Redfield Jamison, Ph.D.

Nash's remarks were made at the

William C. Menninger Memorial Lecture following the convocation of APA's 2006 fellows and distinguished fellows.

"When there are large populations and behavior of a complex structure, it observably turns out that the individuals of a species can have quite varied forms of behavior and that they may serve the interests of a nest or family or tribe in quite varied fashions," Nash told psychiatrists. "In some varieties of ants there are specialized members of a nest that are 'warrior ants,' and these are quite specialized in their function. And with the bees, only the queen and the haploid drones function directly in the genetics of reproduction, and most of the hive are 'worker bees.'

"It is conceivable that the susceptibility of humans to depression or to bipolar disorder may correlate positively specifically with the composition of poetry," Nash said. He noted that the American poet Robert Lowell was

hospitalized at McLean Hospital near Boston at the same time that Nash was admitted for schizophrenia.

"One thing about diversity in natural species that is well understood by evolutionary biologists is that the natural phenomenon of mutations serves to prepare a species for adaptation to changing conditions or for improved adaptation to an existing level of environmental circumstances," Nash said. "This is a topic that has been studied in game theory.... If species are considered as players in a game that continually repeats, and if the species are provided with the possibility of change through mutation of their playing behavior,... then the effect is that the players or species can be shown to naturally evolve so as to get better payoffs from the game.

APA President Pedro Ruiz, M.D., who invited Nash to speak at the meeting, praised the Nobel Prize-winning mathematician as a "role model and symbol" that people with mental illness can function successfully in society and have much to contribute. 🐛



**Photos from
Tie-Dye
Workshop
in May...**

**Betty, Dawn &
Nadine**



**Join them again
Thursday
August 23
1:00-3:00**

**(This time with
Shawn, too)**



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August 2007

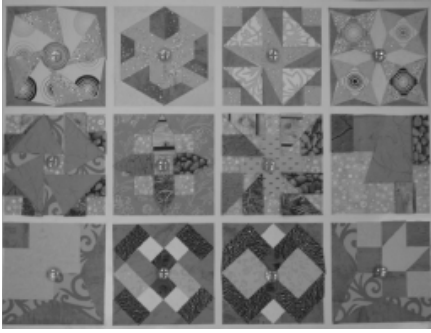
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HOURS :	10 - 3	10 - 3	10 - 8	10 - 3	10 - 3	12 - 5
<p><i>Karen Herro & Jim Maddox lead the Career Path To Recovery workshop</i></p>  			<p>Sculpey 1 11-12 w/Shawn Folksong Singalong w/Paul 1-2 Open Computer Tutoring w/ Jade 2-4 Career Path To Recovery w/ Jim & Karen H. 6-8 pm</p>	<p>2 NO Leather & Multi-Media Crafts 12:30-2:00 NO Framing Workshop</p>	<p>3 Painting w/Scott 11:00-1:00 Creative Writing Mary C. 1:00-2:00</p>	4
5	<p>6 Paper Making - cards - 10:00-12:00 w/Lori Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00</p>	<p>7 Clay & Open Studio Dana 10:00-12:00 Computer Basics w/Robin 1:00 - 3:00 Voices Training 2:00-3:00 Gallery Jenny</p>	<p>8 Sculpey 11-12 w/Shawn Folksong Singalong w/Paul 1-2 Open Computer Tutoring w/ Jade 2-4 Career Path To Recovery w/ Jim & Karen H. 6-8 pm</p>	<p>9 Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00</p>	<p>10 Painting w/Scott 11:00-1:00 Creative Writing Mary C. 1:00-2:00</p>	11
12	<p>13 Paper Making - bowls - 10:00-12:00 w/Lori Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00</p>	<p>14 Clay & Open Studio Dana 10:00-12:00 Computer Basics w/Robin Voices Training 2:00-3:00 Gallery Jenny</p>	<p>15 Sculpey 11-12 w/Shawn Folksong Singalong w/Paul 1-2 Open Computer Tutoring w/ Jade 2-4 Career Path To Recovery w/ Jim & Karen H. 6-8 pm</p>	<p>16 Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00</p>	<p>17 Painting w/Scott 11:00-1:00 Creative Writing Mary C. 1:00-2:00</p>	18
19	<p>20 Games Rich 12:30 Arts & Crafts with Mary 1:30-3:00</p>	<p>21 Clay & Open Studio Dana 10:00-12:00 Computer Basics w/Robin 1:00 - 3:00 Voices Training 2:00-3:00 Gallery Jenny</p>	<p>22 Sculpey 11-12 w/Shawn Folksong Singalong w/Paul 1-2 Career Path To Recovery w/ Jim & Karen H. 6-8 pm</p>	<p>23 Tie-Dye Workshop 1:00-3:00 Betty, Nadine, Shawn & Dawn Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00</p>	<p>24 Painting w/Scott 11:00-1:00 Creative Writing Mary C. 1:00-2:00 Int'l Art Hour w/ Vickie 1:00-2:30 Art of Cameroon</p>	25
26	<p>27 Paper Rolling - beads - 10:00-12:00 w/Lori Games w/ Rich 12:30 Arts & Crafts with Mary 1:30-3:00</p>	<p>28 Clay & Open Studio Dana 10:00-12:00 Computer Basics w/Robin 1:00-3:00 Voices Training 2:00-3:00 Gallery Jenny</p>	<p>29 Sculpey 11-12 w/Shawn Folksong Singalong w/Paul 1-2 Career Path To Recovery w/ Jim & Karen H. 6-8 pm GRADUATION</p>	<p>30 Leather & Multi-Media Crafts 12:30-2:00 Framing Workshop Deb & Dawn 2:00-3:00</p>	<p>31 Painting w/Scott 11:00-1:00 Creative Writing Mary C. 1:00-2:00</p>	

✓ Cornucopia is located at 306 N Brooks Street in Madison.
Events on this calendar may change. If you haven't attended a particular group recently, call to confirm day & time.

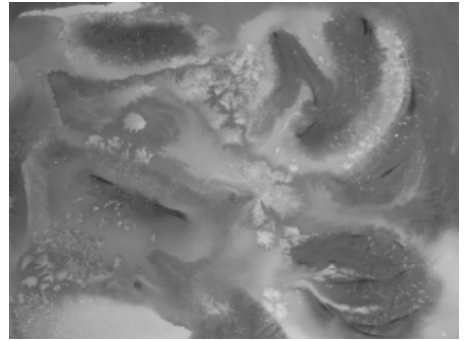
Lori Kinnard: quilt



Deb Gehrke: clay



Bill Kuban: painting



Mondays: Papercrafts 10:30-12:00 (Aug 6, 13 & 27) Games 12:30 Arts & Crafts 1:30-3:00
Tuesdays: Clay & Open Studio 10:00-12:00 Computer Basics 1:00-3:00 Voices Group 2:00
Wednesdays: Sculpey 11-12 Folksong Singalong 1-2 Open Computer Help 2:00-4:00
Career Path to Recovery 6:00-8:00
Thursdays: Leather/Crafts 12:30-2:00 Tie Dye 1:00-3:00 (Aug 23) Framing
Workshop 2:00-3:00
Fridays: Water Oils/Charcoal/Pastel 11:00-1:00 Creative Writing 1:00-2:00
International Art Hour 1:00-2:30 (Aug 24th: Cameroon)

Best Picnic all summer - every
 summer!
 Brats on the grill, bring a dish
 to pass. Bring your own soda
 or lemonade.
 Gather at Tenney Park
 Shelter 11 to 3.
 September 8th

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Karen

