

# Cornucopia Activities Calendar - Aug. / Sep. 2008

| <b>MONDAYS</b><br><b>10am - 5pm</b>   | <b>TUESDAYS</b><br><b>10am - 7pm</b>  | <b>WEDNESDAYS</b><br><b>10am - 7:30pm</b>  | <b>THURSDAYS</b><br><b>10am - 3pm</b>   | <b>FRIDAYS</b><br><b>10am - 3pm</b>   |
|---|---|--|---|---|
| <p><b>Games Group</b><br/>10-12</p> <p>Play fun, noncompetitive games including Yahtzee, Scruples, Upwords, Trivial Pursuit, cards, checkers, chess, or the ever popular Scrabble.</p> <p>Play inside Cornucopia, in the lobby with the Porchlight residents, or outside at the picnic table in the back.</p> | <p><b>Clay &amp; Sculpey</b><br/><b>Open Studio</b><br/>10-12 Main Room</p> <p>Build &amp; glaze red clay sculptures for firing.<br/>Roll beads &amp; mold faces out of sculpey clay.</p> <p>* volunteer teacher needed *</p> | <p><b>Paper Crafts</b><br/><b>Open Studio</b><br/>10-12 Main Room</p> <p>Create greeting cards or scrapbook pages for your photographs. Cut or tear pictures &amp; words to create collages or decoupage boxes, cans or other objects. Make origami, masks, or papier mache figures.</p> <p>* volunteer teacher needed *</p>                                   | <p><b>Textiles</b><br/><b>Open Studio</b><br/>10-12 Main Room</p> <p>Sew, knit, quilt, crochet, embroider, cross-stitch, weave, hook rugs. We have the yarn, cloth, needles, looms, &amp; sewing machine.</p> <p>* volunteer teacher needed *</p> | <p><b>Games Group</b><br/>10-12</p> <p>Play fun, noncompetitive games including Yahtzee, Scruples, Upwords, Trivial Pursuit, cards, checkers, chess, or the ever popular Scrabble.</p> <p>Play inside Cornucopia, in the lobby with the Porchlight residents, or outside at the picnic table in the back.</p> |
| <p><b>Open Studio</b><br/>Art on Your Own<br/>12:30-5:00</p>  | <p><b>Open Studio</b><br/>Art on Your Own<br/>12:30-5:00</p>  | <p><b>Open Studio</b><br/>Art on Your Own<br/>12:30-5:00</p>   | <p><b>JEWELRY MAKING</b><br/><b>Open Studio</b><br/>1-5 Main Room</p> <p>String necklaces or bracelets with beads. We also have settings to make earrings &amp; pins.</p> <p>* volunteer teacher needed *</p>                                     | <p><b>Open Studio</b><br/>Art on Your Own<br/>12:30-3:00</p>  |
|   | <p><b>LIFE SKILLS</b><br/>Classes with<br/>UW OT students<br/>start up again in Sep.</p> <p>9/9 - Self-esteem<br/>9/16 - journaling<br/>9/23 - negative self talk<br/>9/30 - anger management</p>                             | <p><b>WATERCOLOR CLASS</b><br/>1:00-3:00<br/>with Debbie</p> <p>Learn beginning watercolor techniques while painting a picture of your choice from your imagination or a magazine photo.</p>   |   | <p><b>Karaoke</b><br/>1-2:30 in Gallery</p> <p>Sing to the karaoke machine, a cd/tape, or from written words of your favorite song.<br/>Guitar players welcome as well as other musicians.</p> <p>* volunteer facilitator needed *</p>  |
| <p><b>CLOSED</b></p>  | <p><b>SOHL SUPPORT CLASS</b><br/>5:30-7:00<br/>with Anna</p> <p>Aug. 19 &amp; 26<br/>Sep. 2, 16, &amp; 30</p> <p>DBT-based<br/>cognitive-behavior<br/>self discovery<br/>readings &amp;<br/>worksheets.</p>                   | <p><b>WELLNESS WORKSHOP</b><br/>5:30-7:30<br/>with Karen H., RN</p> <p>8/6 - Depression<br/>8/13 - Anxiety Disorders<br/>8/20 - Personality Disorders<br/>8/27 - Eating Disorders<br/>9/3 - Bipolar Disorder<br/>9/10 - Schizophrenia<br/>9/17 - Endocrine Disorders (diabetes, thyroid, etc.)<br/>9/24 - GastroIntestinal (heart burn, IBS, ulcers, etc.)</p> | <p><b>CLOSED</b></p>  | <p><b>CLOSED</b></p>  |

**Daily COMPUTER & INTERNET use from 10:00 am to 3:00 pm for paid members.**

# Cornucopia Activities' Descriptions

\* Sat., Sep. 6, 2008 Cornucopia Annual **POTLUCK PICNIC** 11:00 - 2 pm at Tenney Park. \*

\*\* **"CRAZY"** art show in Gallery II of the Overture Center on State St. On exhibit until mid-Sep. \*\*

## **GAMES GROUP**

Monday & Friday mornings,  
10-12

Play different games like Yahtzee, Trivial Pursuit, Scrabble, cards, checkers, or chess. Bring a favorite game to play if we don't have it here.

## **LIFE SKILLS Classes:**

Tuesday afternoons 1:00-2:00

- 9/9 - self-esteem
- 9/16 - journaling
- 9/23 - negative self talk
- 9/30 - anger management

## **Anna's SOHL Support Class:**

Self Discovery Activities in a Supportive Setting

Tuesdays, 5:30-7:00 pm

We will be learning about DBT - Dialectic Behavioral Therapy (very close to cognitive-behavioral therapy).

Topics may include (but aren't limited to):

- Mindfulness Skills  
(learning to be in control of your mind, instead of letting your mind be in control of you)
- States of Mind  
(“what” skills versus “how” skills)
- Interpersonal Effectiveness  
(factors that reduce interpersonal effectiveness, myths about interpersonal effectiveness, cheer-leading statements for interpersonal effectiveness)
- Options for Intensity of Asking or Saying No  
(factors to consider in deciding & getting what you want)
- Guidelines for Self-Respect  
(keeping your respect for yourself)

## **DO-IT-YOURSELF Open Craft Studios**

Open studios do not have teachers. Books & supplies will be placed on the table in the main room for people to teach themselves how to make the following crafts:

## **CLAY & SCULPEY**

Tuesday mornings, 10-12

Handbuild & glaze red clay cups, bowls, or sculptures that will be fired at the UW's kiln. Or, make beads or mini sculptures with sculpey clay that will be baked here in a toaster oven.

## **PAPER CRAFTS**

Wednesday mornings, 10-12

Make greeting cards or scrapbook pages for photos out of paper, rubber stamps, recycled materials, etc. Cut or tear pictures & words from magazines, or unclaimed artwork that's being recycled, to create new art of your own or to decorate boxes, cans, or other objects. Fold origami, make a mask, or a papier mache sculpture.

## **TEXTILES**

Thursday mornings, 10-12

Rug hooking, embroidery, quilting, tie-dying, knitting, weaving... Whatever you want to try, we have the supplies.

## **JEWELRY**

Thursday afternoons, 1-3 pm

Make necklaces or bracelets with beads, strings, & clasps. We also have fittings for earrings & pins.

If there's another craft you'd like to learn (like rosemaling, soap-making, wood carving, etc.), let us know & we'll get the supplies & project instructions for you, as well as try to find some volunteers teachers.

## **President Debbie's Classes:**

### **BEGINNING WATERCOLOR**

Wed., 1:00 - 3:00 pm

Learn beginning watercolor techniques while painting a picture of your choice from your imagination or a magazine photograph.

### **WELLNESS WORKSHOP**

Wednesdays, 5:30 - 7:30

Karen H., BSN, RN

This month's topics:

- 8/13 - Anxiety Disorders
- 8/20 - Personality Disorders
- 8/27 - Eating Disorders
- 9/3 - Bipolar Disorder
- 9/10 - Schizophrenia
- 9/17 - Endocrinal Disorders
- 9/24 - Digestive Disorders

### **KARAOKE & Sing-a-Long**

Friday afternoons, 1-2:30

Come sing with the karaoke machine or on your own. Guitar players & other musicians welcome to play, too. Hey, let's start up a Cornucopia lip-sync, air-band! Volunteer needed to set up karaoke machine.

## **OPEN STUDIOS**

These are times when no classes are scheduled. Members can do art on their own, play games or use the computer. Computer & internet use is every day from 10:00 am to 3:00 pm.

### **REMEMBER TO CLEAN UP & PUT YOUR SUPPLIES AWAY.**

Keep Cornucopia neat & clean for everyone's pleasure. Sign & take home finished art or it might be recycled or thrown out.



## THEY WERE INDEED ANGELS

Without getting into long details, when I was first hospitalized I believed I was Jesus. It all made sense to me that I was Jesus. I felt like I was the chosen one to save the world. That and many things led me to believe I was God like. While in the hospital I felt that a number of women workers were angels and they were nursing me back to health after a long ordeal I had before my first hospitalization. I know, it sounds crazy and it didn't make sense to others, it made sense to me. Although human, they were indeed angels to me. The way I was treated, the way I was respected, the way they never judged me for having these delusions.

I was constantly reading Revelations in the Bible and thought that the whole thing was about me, people I knew and yes these angels who were to play a major role on judgement day. The end was indeed near in my heart and soul. These "angels" kept working with me and helping me to see that I was not the Son Of God but Dylan Abraham and that was something to relish in, just being who I was and not the Son of God.

I was to have this delusion again when hospitalized down the road four more times. I was treated by many of these original people on the ward. For whatever reason I would return to that thinking.

It has now been almost 30 years since my last hospitalization. I have left all these thoughts behind. Now I know I am not Jesus. But don't argue with me about those workers whom I thought were angels. I know that indeed over the years the way they helped me, they were truly angels-God's finest.

Without their help, support and care life and recovery would have been much more difficult than it was. I shall never forget their acts of kindness

And how they truly helped me recover.

DYLAN ABRAHAM

"Welcome aboard!"  
to Cornucopia's new  
Executive Director

## Mary Beth Cassidy

Pop in & say "Hi" to Mary on  
Mondays 10-3 or at our

## ICE CREAM SOCIAL

on Mon., Aug. 25 from 3-5,  
before the board meeting.

### **Bring a topping to share.**

Ice cream (real, sugar-free  
& fat-free types) in different  
flavors will be provided plus  
diet soda for rootbeer floats.



Our new Executive Director, Mary Beth Cassidy (left), conversing with member Sarah Dorsey.

## Cornucopia Annual Summer Potluck Picnic Sat., Sep. 6

11:00 am - 2:00 pm  
at Tenney Park

Bring a dish to pass.

Brats & soda will be provided.

Come rain or shine - we'll be  
inside the Tenney Park shel-  
ter near Johnson St. - eating,  
talking, playing Scrabble &  
singing along to the karaoke  
machine. Family & friends are  
welcome to attend with members.

## 'Disease' Has Complex Meaning in Native-American Culture

Telling one's story has  
a long and honorable history  
in psychiatry and, not coinci-  
dentally, an even longer one in  
Native-American cultures.

Nothing happens with-  
out a story and an audience in  
American-Indian cultures, and  
that includes mental health  
and mental illness, Lewis  
Mehl-Madrona, M.D., Ph.D.,  
reminded listeners at the 2008  
APA annual meeting in Wash-  
ington, D.C., in May.

Stories are the best way  
to store something in the brain  
because they facilitate percep-  
tion and place the subject in an  
emotional context, said Mehl-  
Madrona, a psychiatrist and an  
associate professor of family  
medicine at the University of  
Saskatchewan.

European-derived cul-  
tures place primary emphasis  
on the individual and the ma-  
terial. By contrast, cultures na-  
tive to North America revolve  
around a network of family,  
social, and spiritual associa-  
tions tying together the teller,  
the tale, and the listener, he  
said in a session devoted to in-  
digenous models of mind and  
mental health.

"In Lakota beliefs,  
health means that one's vari-  
ous modes of experience and  
expression were in balance,"  
said Mehl-Madrona.

(cont. p. 2)

## “Disease ... Complex Meaning ... Native-American Culture”

(cont. from p. 1)

That understanding can help when doing therapy with patients from Native-American populations.

“Learn the stories of people and get them to use those stories instead of the one you teach them,” he said. “At least begin to learn the language of the culture and the impact it has on culture, and the impact culture has on cognition and structure.”

“In the Western view, disease is the enemy,” said panelist Robert Crocker, M.D., a fellow in the Program in Integrative Medicine at the University of Arizona College of Medicine. “But in the traditional Indian view, disease is a great teacher. Disease is never about the individual but of the family, of the community, of the entire world.”

Many of the psychological problems found in native communities are due to the breakdown of this wider unity, said Crocker, who is of Choctaw descent. About 20,000 Choctaws were forcibly removed from their lands in Mississippi under the Indian Removal Act of 1830, and only 7,000 made it to the final destination in Oklahoma. Traumatic events such as that still afflict Native Americans.

“Take away the connection with our land and our ancestors or outlaw religious concepts, and those spirits will be displaced by other things, like alcohol,” he said. “The problem isn’t alcoholism, it’s reconnecting.”

Clinicians must seek to understand the patient’s context and culture, then use them to create an environment of healing



around the patient, Crocker said.

Ritual and ceremony in every phase of Indian life play an important role, including in healing. However, even a physician in the Western medical tradition can take steps in that direction without altering practice much by bringing “mindfulness” to the patient-doctor encounter, he said. A physical examination can be imbued with ceremony when done with respect and awareness, he said. “Writing a prescription in Latin and handing it to the patient is a ritual act and can be part of a healing experience.” Involve the community in the therapeutic process, regardless of the form it takes, he urged. This might mean talking with the patient’s friends and family, with special attention to the oldest relatives.

## VILKOMMEN VISITORS!

On Thursday, June 26th, we welcomed 7 visitors from American Family & United Way Dane County who came to talk with some of our members about who we are & what we do here at Cornucopia, Inc. It was an enjoyable visit getting to know each other & showing them our art work.

Traditionally the extended family unit provided individuals support from multiple “mothers” and “fathers.” Persuading a grandmother of the value of a grandchild’s treatment may boost medication compliance for any modality the clinician is using.

“If you just prescribe drugs without some kind of social reinforcement, the patient may throw them away when symptoms don’t immediately disappear and [the patient may never come back to see you],” he said, noting that cultural components of treatment may have other benefits too. “Risperidone is much more efficient if patients pray over it. You [can] use a lower dose, and there are fewer side effects.”

Aaron Levin

Psychiatr News June 20, 2008  
Volume 43, Number 12, page 11

## AN ALBATROSS' STORY

The Big Bang created the universe, not Ggod.  
Ggod is an assortment of, often-disagreeing, telepathic-telekinetic-skilled people, who evolved as & with humans.

The telep - teleks became shamans, healers, and leaders of Their tribes. They were (and are) secretive about Their powers. They are G-god, and Ggod's safety and skills depend on Their staying hidden like the Wizard of Oz.

We know Ggod exists because Voice-hearing schizophrenics exist. We are Ggod's schizo-pets, and They sometimes play rough with us when we don't behave as They wish, or Their "straight" society activities are giving Them trouble.

Teleps & teleks have to vent and schizos get the brunt of Ggods' frustrations. Ggod is the schizos' albatross.

Ggod sometimes "helps them that help themselves," even schizo-pets.

Ggodsends float into our lives when a telep-telek is pleased.

Conversations With GgodPersons  
lynne morris 2004



"Sunflower & Mallard Feather" photoart by LaureQ

## SUMMER TIME- THE RIGHT TIME

It is that summer time of year,  
Full of happiness and cheer.

Summer time is the right time,  
A time that is so very fine.

Swimming and boating,  
A tan worth noting,

A walk in the park,

A kiss in the dark,

A time to kick back,

A time to slack.

So enjoy this time of year,

Full of happiness and cheer.

Take your summer day by day,

And hope that summer will stay.

DYLAN ABRAHAM  
6-3-'08

## WHEN THINGS GET ROUGH

Sometimes in life,  
When things get rough,  
You need to dig,  
Inside and get tough.  
Be strong inside,  
And forward go,  
This is life,  
It's not a show.  
Be strong and courageous,  
Do your thing,  
Open up to nature,  
And start to sing.  
To face head on  
The things we do,  
Be strong and tough,  
It's the thing to do.  
So be strong,  
And go ahead,  
You'll feel better.  
Then sad instead.

DYLAN ABRAHAM  
6-3-'08



## Quality of Foster Care May Determine Future Mental Health

The long-term mental health of maltreated youngsters seems to profit from good foster care. But it's still not clear exactly what "good" means. For example, should CBT be one of the therapies offered?

Childhood abuse and neglect can have a pernicious impact on mental health later in life, a large volume of research has found. Moreover, a high rate of child abuse and neglect in the United States has contributed, in part, to the large number of youth in foster care.

Yet investigators do not appear to have conducted a controlled study on the impact of foster care on the long-term mental health of abused or neglected youngsters, Ronald Kessler, Ph.D., ... and his colleagues found. So they decided to take on the challenge themselves. ... They compared the mental health outcomes of 368 adults who had received care as adolescents in two public-sector foster-care programs with the outcomes of 111 adults who had received care as adolescents in a private foster-care program called the Casey program. All subjects had been placed in foster care primarily because of maltreatment, and all had been out of care from one to 13 years at the time of the study.

The Casey program had provided not only more highly trained personnel and more

intense services than the public programs, but also additional funds to foster parents and even postsecondary job training or a full college education to all participants. Turnover of foster parents and case-workers had also been substantially lower in the Casey program than in the public ones, resulting in more stability for participants.

Not unexpectedly, the Casey alumni seemed to have better mental health than public-program alumni. Specifically, in the year prior to the study, the Casey alumni had experienced significantly less anxiety, significantly less major depression, and significantly fewer substance-use disorders than the public-program alumni. Casey alumni also seemed to have better physical health—they had experienced significantly fewer ulcers and significantly less diabetes, high blood pressure, and heart disease.

"Public-sector investment in higher-quality foster-care services could substantially improve the long-term mental and physical health of foster-care alumni," Kessler and his team reported in the June Archives of General Psychiatry. ... Also, states might want to include cognitive-behavioral therapy (CBT) in a model foster-care program, the investigators proposed, since "CBT designed specifically to treat the emotional scars of child abuse and trauma" was not available in the Casey program, but has since been developed. And states should

also explore other private foster-care programs besides the Casey one before deciding on a model foster-care program, the researchers advised, since there are many throughout the United States.

In an accompanying editorial, Charles Nemeroff, M.D.,... also made a novel suggestion—that researchers should examine whether optimal foster care can improve the mental health of maltreated youngsters who possess the SS variant of the serotonin gene. Past research has shown that the SS variant, when combined with child abuse, confers a particularly heightened vulnerability to depression, but psychosocial support can reduce the risk. ...

Joan Arehart-Treichel  
Psychiatric News July 18, 2008  
Volume 43, Number 14, page 17



Watercolor by Dawn Gifford

# CORNUCOPIA INTEREST FORM

I enjoyed your newsletter and would like to:

\_\_\_\_\_ Become a member of Cornucopia, Inc. for \$24 a year (renewable every January).

\_\_\_\_\_ Make a tax-deductible charitable donation to your 501c3 nonprofit organization.

\_\_\_\_\_ < \$25 friend

\_\_\_\_\_ \$25 - \$50 donor

\_\_\_\_\_ \$51 - \$100 supporter

\_\_\_\_\_ > \$100 sponsor

\_\_\_\_\_ Volunteer at Cornucopia, Inc. Please contact me about how I can become involved.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

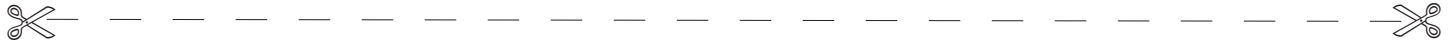
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Please detach and mail with check or money order payable to **Cornucopia, Inc.** at:

**306 N. Brooks St., Madison, WI 53715-1002**

Thank you.



**Our Mission Statement:** Cornucopia, Inc. is an arts and wellness activities center run by and for people who have mental health issues. Through peership, we celebrate creativity and diversity. We promote growth and dignity by helping members develop individual strengths and talents which build upon self-directed recovery goals and community life skills.

**Membership:** Cornucopia membership is open to anyone 18 or older (including family members, friends, and allies) who is living with mental health concerns. We do not discriminate against anyone based on age, gender, religion/spirituality, race/ethnicity, disability(ies), appearance, LGBTH, economic status, co-occurring disorder(s), or psychiatric diagnosis, including personality disorders. No one needs to disclose their illness(es) in order to join. Membership dues are \$24 per year, renewable each January, and includes the monthly newsletter, classes, computer use, and open studio use of most art supplies.

## Cornucopia 2008-2009 Board of Directors

Debra Gehrke, President ~ Steven Thomas, Vice President ~ Adam Malueg, Treasurer ~ Sarah Dorsey, Secretary  
Dylan Abraham, Lynn Brady, Kevin Fosler, Barbara Grimm, Karen Herro, Richard Johnson, Yura Yasui

**OFFICE STAFF:** Mary Beth Cassidy, Executive Director  
William Kuban, Business Manager  
Laure Quinart, Program Manager

### Last Month's Volunteers:

Art Teachers: Deb Gehrke & Jesi Klabak

Wellness Leaders: Karen Herro, RN & Anna Wheelock

Office & Peer Support: Adam Malueg, Barbara Grimm & Deb Kelly

Newsletter Staff: Dawn Gifford & Calvin McFarlane

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### Major funding provided by:



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(608)246-4350  
[www.unitedwaydanecounty.org](http://www.unitedwaydanecounty.org)

Grassroots Empowerment Project  
1-800-770-0588  
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Cornucopia, Inc. appreciates the monetary and/or in-kind donations from the following individuals last month:

This newsletter is published with generous support from:



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 306 N. Brooks St.  
 Madison, WI 53715  
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 of Mental Health  
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 through  
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**IMPORTANT DATES to WRITE DOWN in your DATE BOOKS:**

Have a Voice in Your Recovery - tell GEP focus group what helps you in your recovery. FREE DINNER  
 Tue., Aug. 19      4:00-7:30      Thompson Building - 201 W. Washington Ave., 1st floor

Cornucopia Ice Cream Social - bring a favorite topping to share - we'll provide the ice cream & rootbeer.  
 Mon., Aug. 25      3:00-5:00      Cornucopia's main room

Cornucopia Pot Luck Picnic! Bring food to share. Scrabble & karaoke.  
 Sat., Sep. 6      11:00-2:00      Tenney Park Shelter on Madison's east side.

+++++

**We are in need of volunteers to teach art classes for our members to participate in.**  
 We are in need of members to attend classes on a regular basis so teachers have someone to teach.  
 Lets work together to meet the above two needs so Cornucopia can meet its mission.