

Cornucopia SEPTEMBER 2008 Activities Calendar

MONDAYS 10am - 5pm <i>Mary & Bill</i>	TUESDAYS 10am - 7pm <i>Mary or Laure</i>	WEDNESDAYS 10am - 7:30pm <i>Laure & Karen</i>	THURSDAYS 10am - 5pm <i>Mary or Laure</i>	FRIDAYS 10am - 3pm <i>Bill</i>
CORNUCOPIA IS OPEN Mon., Sep. 1 Labor Day 10:00-3:00	Clay & Sculpey Open Studio 10-12 Main Room Build & glaze red clay sculptures for firing. Roll beads & mold faces out of sculpey clay. volunteer teacher needed	Card Making & Scrapbooking Open Studio 10-12 Main Room Create greeting cards or scrapbook pages for your photographs. volunteer teacher needed	BEGINNING DRAWING Class w/ Debbie 10:00-12:00	Remember to attend Cornucopia's Annual POTLUCK PICNIC Sat., Sep. 6 11:00-3:00 Tenney Park
JEWELRY MAKING Open Studio 1:00-3:00	LIFE SKILLS w/ UW OT students 1:00-2:00 9/9 - Strengths group – Increase your self-concept 9/16 - Journaling - Expressing emotions 9/23 - Negative Self-Talk – Cognitive Behavior Therapy 9/30 - Anger Management	CREATIVE WRITING Workshop 12:30-1:30	LEATHER CRAFTS Class w/ Deb Griffith 12:30-2:00	Open Studio Art on Your Own 10:00-3:00
SOHL SUPPORT Class w/ Anna 5:30-7:00 "Boundaries & Assertiveness" 9/2, 9/16 & 9/30 Collage Journaling Art Support Class w/ Mary Beth 5:30-7:00 9/9 & 9/23	Open Studio Art on Your Own 2:00-5:00	TEXTILES Class w/ Cheri B. 1:30-3:30 Tye-dying, knitting, sewing, ...	WATERCOLOR Painting Class w/ Lisa F. 3:00-5:00 starts 9/11	Watch for former teachers & their classes to return: Mixed Media w/ Jesi Spanish & Computer Tutoring w/ Allison & new art classes starting in October: Digital Photography & Computer Graphic Art w/ Lin Hypnotic Art w/ Frank
Cornucopia BOARD MEETING Mon., 9/29 5:00-7:00 Open to the public.	WELLNESS WORKSHOP 5:30-7:30 w/ Karen H., RN 9/3 - Bipolar Disorder 9/10 - Personality Disorders 9/17 - Diabetes, Thyroid & Adrenal Problems 9/24 - Ulcers, Acid Reflux, IBS, Gas & other Digestive Problems	Call & sign up for Benita's WRAP Class starting Thu., Oct. 2 6:00-8:00 for 8 weeks	& new art classes starting in October: Digital Photography & Computer Graphic Art w/ Lin Hypnotic Art w/ Frank	

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 Sep. 14 **

GAMES GROUP

Monday & Friday mornings,
10:00 - 12:00

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

with new UW-Madison
Occupational Therapy students
Tuesdays, 1:00 - 2:00

- 9/9 - Strengths group – Increase self-concept
- 9/16 - Journaling - Expressing emotions
- 9/23 - Negative Self-Talk – Cognitive Behavior Therapy
- 9/30 - Anger Management

SOHL Support Class w/ Anna

Self Discovery Activities
in a Supportive Setting
Tuesdays, 5:30-7:00 pm
Sep. 2, 16, & 30

Learn about boundaries & being assertiveness using cognitive-behavior techniques.

COLLAGE JOURNALING

Art Support Group
with Mary Beth, Exec. Dir.
will take place from 5:30 - 7:00
on the Tuesdays Anna's group
doesn't meet - Sep. 9 & 23

CREATIVE WRITING

workshop with Laure Q.

Wed. afternoons, 12:30 - 1:30
Come write poems, cartoons,
play scenes, and short stories.
See your writing published in
our newsletter, on a greeting
card, or your own "zine".

TEXTILES

cloth & yarns class
with Cheri B.

Wed. afternoons, 1:30 - 3:30
Learn how to tie-dye t-shirts,
sew quilts & clothes, knit or
crochet hats or scarves, weave
cloth, & other crafts involving
cloth, yarns, & threads.

WELLNESS WORKSHOP

Wednesdays, 5:30 - 7:30
Karen H., BSN, RN

This month's topics:

- 9/3 - Bipolar Disorder
- 9/10 - Personality Disorders
- 9/17 - Diabetes, Thyroid & Adrenal Problems
- 9/24 - Ulcers, Acid Reflux, IBS, Gas & other Digestive Problems

DRAWING TECHNIQUES

with President Debbie
Thursday mornings,
10:00 - 12:00

LEATHER CRAFTS

class with Deb Griffin
Thursdays, 12:30-2:00
Welcome Deb back from her
summer vacation & come make
belts, wallets, moccasins, &
other useful items.

NEW WATERCOLOR

painting class with Lisa F.
Thu. afternoons, 3:00 - 5:00
Learn some basic watercolor
techniques while painting a
picture of your choice.

Spanish Conversation

plus 1-on-1 Computer Tutoring
with Allison will start up again at
end of Sep. or beginning of Oct.
Call for times.

KARAOKE & Sing-a-Long

Friday afternoons, 1-2:30

Come sing with the karaoke
machine or on your own. Gui-
tar 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.

MIXED MEDIA

Art Class with Jesi
will be back in Oct.

HYPNOTIC - MEDITATIVE

Art Class with Frank
will start in Oct.

Learn self-hypnotic relaxation
techniques to access symbolic
images in your mind to draw or
paint.

DO-IT-YOURSELF Craft Open 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 crafts.
We are still in need of volunteers to teach
the clay class on Tue. mornings as well
as other art or wellness classes, espe-
cially jewelry making, pastels, sculpey,
scrapbooking & greeting cards.

REMEMBER TO CLEAN UP & PUT YOUR SUPPLIES AWAY.

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

Call & sign up for Benita Walker's
Wellness Recovery

Action Plan (WRAP) class,
starting Thu., Oct. 2, 6:00-8:00.

Write your own WRAP plan in
this 8 week support class.



cornucopia chronicle

a place to believe in ourselves
a place to learn
a place to lead

Executive Director's Corner

Hello all Cornucopia Members and Friends!

My name is Mary Cassidy and I am Cornucopia's new Director. I am so excited to have the opportunity to work with Cornucopia. Even though I have only been here a short while, I love the environment and support Cornucopia provides. I see many opportunities for expansion of our activities and membership.

I thought you'd like to know a little about me. I am fairly new to Madison and have found it to be a lovely "town" with a lot of opportunity to participate in advocacy for individuals with mental illness.

I was raised in Elm Grove, Wisconsin. I had wonderful parents and three brothers and a sister. I attended Creighton University and then Creighton University School of Law. My field of interest was insurance law and I worked in this field in between raising my three children, Ellen (21), Thomas Matthew (17) and Claire (12).

I lived in Denver, Colorado for 20 years. In 1997, I was diagnosed with Post Traumatic Stress Syndrome after an experience with a fraudulent insurance company employer. I had my own FBI agent! After some pretty intense treatment for my PTSD, I made great progress on my recovery path. However, domestic difficulties reignited the PTSD and it became Complex. In 2005, my condition became so difficult that I lost five years of memories. I moved back to Wisconsin for the support of my family and treatment. It took 3 years of navigating the mental health system

in Wisconsin before I found an excellent team of dual diagnosis treatment providers.

I became involved with NAMI Dane County here in Madison in 2007. Through exposure to NAMI Dane, I decided that I wanted to use my talents and energy to advocate for people with Mental Illness. I now facilitate consumer support groups for NAMI Dane County; I am involved with getting more Volunteers on board with them and am on NAMI Dane's Consumer Council and Board. I am pleased to add Cornucopia to my life.

I believe in the recovery model for those with mental illness and want to help spread the word that recovery is possible. For me, recovery for mental health consumers means learning to cope with the challenges that mental illness presents, accomplishing goals and achieving a meaningful and rewarding life. I am passionate about educating the public that mental illness is a disease of the brain and eliminating the stigma associated with mental illness.

I am very excited about learning more about the healing properties of the Arts. With wonder, I watch our members grow as they participate in our various activities and community.

I look forward to meeting you all! I hope to see you all come take advantage of what we have to offer soon. Check our schedule for classes and activities that might be of interest to you.

Have a great September!!!

Mary Beth

Member Reminders:

1. Potluck Picnic at Tenny Park on 9-06-08 from 11-2
2. Please come and claim your "Masterpieces"!
3. Please help keep our work space clean.
4. Check out our September schedule, which has many new classes.

Recovering from Depression **YOU CAN DO IT!** ***"It's Possible"***



Done by Karen H.

Depression drains your energy. Hope, and drive, making it difficult to do what you need to feel better. But while overcoming depression isn't quick or easy, it's far from impossible. You can't beat it through sheer willpower, but you do have some control—even if your depression is severe and stubbornly persistent. The key to depression recovery is to start small and build from there. Feeling better takes time, but you can get there if you make positive choices for yourself each day and draw on the support.

Ten Steps to Accomplishing a Depression Recovery Goal

1. State as clearly as possible in a positive manner what it is that you want to create in you life.
2. Be clear why you want this and how your life will be different once you achieve this goal.
3. Understand what you have going for you to help achieve this goal.
4. Understand the challenges that exist.
5. Be especially aware of the negative self-talk that sabotages and undermines your attempts to Succeed.
6. Be clear about what you need to achieve this goal in terms of skills, resources, support systems, etc.
7. List the 3-5 major actions that you need to take to start moving toward this goal.
8. Think of ways to care for yourself as you work to achieve this goal.
9. Stay focused on what you want to create, not on the difficulties you might be having.
10. **Be easy on yourself! Have fun! Enjoy the journey!**

Source: *Depression and Bipolar Support Alliance.*

Hi I'm Cheri,

I am writing the chronicle (newsletter) this month (September).

I became a member at Cornucopia in the fall of 2004. Cornucopia has helped me start my life over. When I started I had no idea what I wanted to do with my life. So in the Spring of 2005 I started back to school. Cornucopia helped give me the confidence in myself to accomplish that jump.

Now I only have 12 credit left to graduate with a degree in Graphic Design. And I have the confidence to move on into the big bad world, yet I do not feel it to be so bad anymore.

I never thought life in life I could ever be happy, because of abuse I experienced since I was three, I trusted no one. Now I do.

Now I have a fiance, who I know would never hurt me. And I love Tim more than I thought I could love anyone. I love life for the first time.

EVERYONE has great potential to succeed !



Self portrait-by Cheri

EACH DAY, ONE COULD LEARN SOMETHING NEW

- * **EACH DAY, ONE COULD LEARN SOMETHING NEW _____**
- * **SOMETHING MEANINGFUL, SOMETHING MAYBE SORROWFUL _____, BUT MOST TIMES, SOMETHING TRUE**
- * **ASSOCIATION COULD BE FORMED AND NEW HORIZONS OPENED _____**
- * **TO INCLUDE IN ONE'S NEW HEART FELT TOKENS.**
- * **A TOKEN OF KNOWLEDGE TO ACCESS A NEW BEGINNING.....**
- * **WHICH WILL HOPEFULLY ACCUMULATE INTO A NEW LIFE WINNING.**
- * **IN AWE AND RUDE AWAKENINGS...AND OF THE TRULY DE VINE _____**
- * **WHETHER GOOD OR BAD NEW LESSON _____ LET IT BE TAKEN IN GOOD KIND.**
- * **FOR IF WE ARE TO LEARN, SO THAT OUR HEARTS MAY FLOURISH _____ TO ASSIMILATE THIS NEW WISDOM AND FACE WITH AWESOME COURAGE _____**
- * **IF WE ARE TO LEARN HOW TO PUT THIS KNOWLEDGE TO WORK, AND HELP REAP THE BENEFITS _____ WHERE, IF ANY PAIN IS GAINED AND DRIED WITH SORE HURTWE COULD DIGEST AND INGEST THE PAIN.....THEN INCORPORATE IT IN OUR DAILY LIVES _____,**
- * **WHERE NOT ONLY DO WE USE OUR NEW LEARNING. _____ BUT WITH IT, STRIVE AND ABIDE**

THE POWER OF ART

If you look deep within,
And open your heart,
One can find,
The power of art,
The power of art.
Stands straight and tall,
Send a message,
Hear the call.
Art comes,
In many ways,
Do it regular,
Day by Day.
So enjoy the arts,
It is a gift,
Do it well,
It gives a lift.

DYLAN ABRAHAM
7-14-08

Painting done by Betty Bracey

CORNUCOPIA, LIVING THE DREAM

When one has a mental illness, life which was once good can become a nightmare. But with programs like Cornucopia one can live the dream.

Cornucopia offers many ways to help people to connect, be productive and moving on. There art classes are taught by volunteers. Art is a way to show ones feelings and thoughts in many

ways. People enjoy coming in to Cornucopia to express themselves through art. It is useful, it is practical and it is fun. One can express their dreams through the power of art.

We have computers for people to explore the world of the internet. This is a way to see what is going on in the world and how it applies to us. It is a practical way to develop skills on the computer so people can find treasures that are new and exciting.

And when one feels like it if they spare time, one can always play scrabble as a way to escape and enjoy a fun game.

And then there is our newsletter. A well done newsletter makes for good reading and a way to keep up on what is going on in the world of mental illness. Many people over the years have contributed to the newsletter. Whether poems, articles and art, our newsletter Reaches out to people and display their talents.

And Cornucopia is a place where one can chill and talk to people. It is nice to sit down with someone and have a conversation, whatever the topic. Everybody who participates in Cornucopia is valued and accepted. It is truly a place to go too have a fun time. So join us sometime and take advantage of what we have to offer to you. If you give it a chance I'm sure you will not be let down.

DYLAN ABRAHAM
7-14-08



Sandra Stone
New Teacher

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: _____

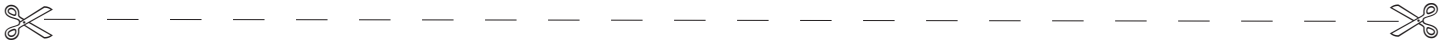
City, State, Zip: _____

Phone: _____ Email: _____

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

STAFF:

Executive Director: Mary Beth Cassidy

Business Manager: William Kuban

Program Manager: Laure Quinart

Newsletter: Cheri Bredeson

Thanks to all our wonderful volunteers!



In accordance with Title 17 U.S.C. Section 107, this material is distributed without profit to those who have expressed a prior interest in receiving the included cited information for research and educational purposes.

Major funding provided by:



United Way of Dane County
(608)246-4350
www.unitedwaydanecounty.org

Grassroots Empowerment Project
1-800-770-0588
www.grassrootspower.org



Cornucopia, Inc. appreciates the monetary and/or in-kind donations from the following individuals last month:

This newsletter is published with generous support from:



Summit Credit Union
(608) 243-5000
www.summitcreditunion.com

Cornucopia, Inc.
 306 N. Brooks St.
 Madison, WI 53715
 Center
 of Mental Health
 Recovery
 and Peer Support
 through
 consumer
 operated
 programs
 involving
 art & other activities

Nonprofit Org.
 US Postage
 PAID
 Madison, WI
 Permit No. 1005

IMPORTANT UP-COMING DATES:

Cornucopia Pot-Luck Picnic - Sat., Sep. 6, 11:00 am to 3:00 pm - Tenney Park
 Bring a dish or snack to pass. Play Scrabble, sing karaoke, eat & chat. Family & friends welcome, too.

Cornucopia members are again eligible for \$3 vouchers to Overture shows, thanks
 to their community ticket program. Below is a list of up-coming shows we can get vouchers for:

- Travis Tritt & Marty Stuart country music - Sat., Sep. 20 - 8:00 pm - Overture Hall
- Stephen Schwartz "musical hits" concert - Thu., Sep. 25 - 7:30 pm - Capitol Theater
- Max Raabe German cabaret concert - Fri., Oct. 3 - 8:00 pm - Overture Hall
- "After the Fall" Kanopy Dance Opera - Sun., Oct. 5 - 7:30 pm in Promenade Hall
- Lar Lubovich modern dance - Tue., Oct. 14 - 7:30 pm - Overture Hall
- "War of the Worlds" & "The Lost World" - Tue., Oct. 21 - 7:30 pm - Capitol Theater
- West Africa Song & Dance Ensemble - Thu., Oct. 30 - 7:30 pm - Capitol Theater
- "Jason & the Argonauts" play - Sun., Nov. 2 - 1:00 pm - Capitol Theater

Call us at 257-7489 to be put on a phone or email list to be notified when vouchers become available. You must come to Cornucopia to pick up a voucher when it becomes available and take the voucher to the Overture ticket office on State St. to purchase your \$3 ticket before the day of the show.

WRAP class with Benita W. & Gail A. starts on Thu., Oct. 2 from 6:00 - 8:00 pm.
 Call Cornucopia at 257-7489 to register for this free 8-week workshop on writing your own wellness recovery action plan to use when you're feeling overwhelmed by your symptoms or life in general.

NAMI Walks - Sun., Oct. 5, 1:00 PM at Olin-Turville Park on John Nolen Dr.
 Join team Cornu"COPE"ia Cavorters & walk 1/2 hour to raise money for mental health research and NAMI Dane County support groups. Help Cornucopia design a winning team T-shirt to wear while walking. Enjoy free food & music at Olin Park after the walk. Attend an introductory team meeting at Cornucopia on Thu., Sep. 11, 5:00 - 6:00 pm to learn more & register (free Porchlight supper included).