

CORNUCOPIA CHRONICLES

Recovery encompasses an individual's whole life, including mind, body, spirit and community.
A Place to Learn . A Place to Lead . A Place to Believe in Ourselves

Exec. Director's Thoughts

I hope that all had wonderful Holidays! December was a virtual "Santa's Workshop" all month. We saw many members and we all were able to share the "Season of Joy". No matter what your tradition, the months of November and December are ones of gratitude, sharing, fellowship and love.

Thanks to all who make the time so special at Cornucopia. The Thanksgiving party was enjoyed by all. As I write, the December Holiday Party with grab bag gifts on December 24 has yet to come! Thanks to all who made these things possible. Thanks to our teachers and volunteers.

It is with regret that I spread the news that Marni Roiniotis is leaving us. She starts her new job January 3. What a way to start a new year! Congratulations, Marni!

2010 was a wonderful year for Cornucopia. As always, your Board of Directors is working hard- but it's you, our members that make Cornucopia such an extraordinary place.

Happy New Year! Peace and happiness to all!

Mary Beth Cassidy



We'll miss you, Marni! Congrats on your new job as Benefits Specialist at Access To Independence.

You truly are Mah-velous!

Wellness Corner

Karen Herro, RN & Sarah Dorsey, MD

Not Just the Holiday Blues

Seasonal Affective Disorder (SAD) is different than the "Holiday Blues" in that SAD lasts longer and is most likely to need treatment. SAD is a cyclic, seasonal condition. This means signs and symptoms come back and go away at the same time every year. The "Holiday Blues" generally last only a week or two before or after the holidays, whereas SAD may last an entire winter or it may last the entire summer.

Fall and Winter SAD symptoms -

depression, hopelessness anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, appetite changes, weight gain and difficulty concentrating

Summer-Onset SAD symptoms -

anxiety, insomnia, irritability, agitation, weight loss, poor appetite and increased sex drive

Reverse SAD symptoms -

persistently elevated mood, increased social activity, hyperactivity and unbridled enthusiasm out of proportion to the situation

(Manifests as mania, a form of bipolar disorder.)

You may not experience all of the above symptoms but generally, the symptoms are a problem if they interfere with your daily functioning, such as work or relationships.

Medical advice should be sought if the depression or mania lasts several days, you don't enjoy things that you usually do or have thoughts of suicide.

Treatment includes increased exposure to the sun (for fall and winter SAD), use of a SAD light, or possibly anti-depressants or mood stabilizers. Research into the effects of vitamin D shows it may be a key to symptom improvement of winter SAD.

CORNUCOPIA
Board of Directors

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open
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Thank You Volunteers
Cullean Hahn, Jim Klint, Tyrone Martin, Andrea Olson, Matthew Strickland, Diane Vimig, Amy Wilkenson, Stewart Wimble, Mark Young, & everyone else who keeps Cornucopia clean & operating. **& to our teachers:** Liz Campbell, Steve Christian, Heather G, Karen Herro, RN, Kevin Kelly, Andrew King, Lori Kinnard, Michael Lincicum, Judy Majeski, Calvin McFarlane, Kristen Muir, Rebecca Schroeder, & Kelly Thompson

New & Returning Members
Bill Acker, Heath Carpentier; David, Klara & Sarah Dorsey, Tyrone Martin, Jason Matz, Tracy Miller, Karen Milstein, Mary Kay Moundry, & Stewart Wimble

Thank You Donors
Pamela Aslum, Gail Louise Auerbach, Bonnie Benson, Thomas Cassidy, Richard Cresswell; Ronald E. Curio, Aiviars Dambekaln, Kelly Darby; David, Klara & Sarah Dorsey; Lorrie W. Hykema, Richard Johnson, Richard E. Johnson, Nancy K. Kendick, Dagmar Krause, Susan Mader, Paul McMahan, Donna Murdoch, Mary Ann Test, PhD; Donna Ulteig, Steve Werlein; Heather G & Cullean Hahn for grab bag donations to our Holiday party, and to **Artists & Craftsmen Supplies** for art materials.

Major Funding Provided By:

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

State of WI Mental Health Block Grant
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Grassroots Empowerment Project
www.grassrootspower.org

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www.summitcreditunion.com

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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 for use in building upon self-directed recovery goals and community / life skills.

Administrative Staff:	Executive Director Mary Beth Cassidy	Bookkeeper Kurt Haney	Program Manager <i>open</i>
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- Cornucopia membership is open to any adult 18 or older living with a mental illness (including family, friends, and allies) .
- Cornucopia does not discriminate against anyone based on age, gender, race/ethnicity, appearance, religion/spirituality, LGBT, socioeconomic status, physical or developmental disabilities, co-occurring disorders, or psychiatric diagnosis. No member needs to disclose their illness in order to join.
- Cornucopia has **NO WAITING LIST**—members can join the same day they come for a tour. Membership dues are \$36 a year starting January 1, 2011 (payable in installments).
- Membership is renewable each January and includes this newsletter, classes, computer use daily from 10:00-3:00, and open studio use of most supplies. Activities are held at 1917 Winnebago St., Madison, WI 53703.

Cornucopia Interest Form

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

- New member or Renewing member (**\$36 a year starting January 1, 2011**)
- Volunteer my time and talents at Cornucopia. Contact me about how I can become involved.
- Donate tax-deductible financial assistance to Cornucopia's 501c3 nonprofit organization so we can continue providing programs to meet the needs of adults who have a mental illness.
- \$10-25 \$26-50 \$51-100 \$101-200 \$200+ Other \$ _____

For funding stats only: Gender: M / F Disability: Y / N Age: _____ Ethnicity: White / Black / Asian / Latino / Native American / Other

The Problem with Making Resolutions

Some resolutions are unrealistic. It's great to think big, to stretch yourself, and to move beyond your comfort zone—but how far?

- If you've never been able to lose more than a pound a week, you're unlikely to lose 25 pounds in a month (and it may not be a healthy goal either).
- If, every time you think of a new relationship, you start thinking about that last rotten one, you're probably not ready for a new love.
- If you are struggling to pay your bills, don't plan to become a millionaire in six months.

The problem with the above goals is that they are too much of a stretch. If you make a goal that has you thinking (even if you don't want to admit it) "Never happen," you're right.

Don't Set "Should" Resolutions

To modify the above goals, they might read as follows:

- I really should lose weight.
- I really should get involved in a relationship.
- I really should make much, much more money.

A "should" goal will not inspire you. It will move you the way a whip moves a reluctant animal. Chances are someone else is cracking the whip. Has anyone told you lately that it's time to get over that man or woman who left you? Is anyone nagging you about your weight? Did anyone call you a loser for not making a huge salary?

Do yourself a favor and *listen to yourself*, not them.

Don't Let Low Self-Esteem Set Your Resolutions.

Low self-esteem is also based on others' opinions, often because you've internalized them. The little voice saying "You should be making more money" may sound like yours, but see what happens if you ask yourself who said that to you in the past.

Do you feel that people look down on you because you're single? Do you feel inadequate because a sibling is getting a six-figure salary? If you set goals based on what you feel you lack in comparison to others, the whip is cracking again. Being motivated by envy of others' successes will leave you out of gas on the highway to accomplishment

Resolutions That Involve Sacrifice Are Likely to Fail

You really love to stay home and watch a good movie or read, but your friends say you won't meet anyone at home. Someone you know lost a lot of weight on a starvation diet, but when you try it, you can only think of A relative tells you about a career where you can make lots of money, but the idea of it bores you to tears.

Sacrifice and suffering are very poor motivational tools. Furthermore, if you make a decision to do something that you really don't want to do, you may be sacrificing your values.

Have you asked yourself what your values are? Now may be the time. Throw away your list of goals and instead write down what's important to you. What has the greatest meaning? What makes your heart sing?

The clearer you get about your values, the more you'll find goals that reflect them.

(cont. p. 6)



Micah & his family

The Impact of Recovery on the Experience of Mental Health Nursing

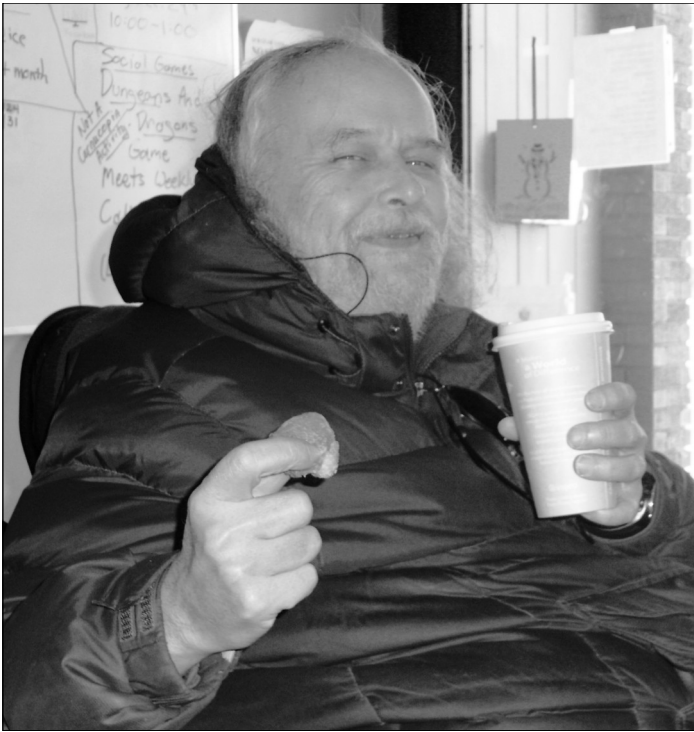
Having used a recovery approach to practice in my work for approximately 6 years, I am amazed by how this has enhanced my interactions with individuals, as well as my overall experience as a mental health nurse. Recovery is all about individuals and changing how we see people. Critical to a recovery approach is having hope for the future and the belief that each person can recover, and maintaining this hope and holding onto it - even when the individual, and others working with the person, are unable to see the recovery vision. Recovery means something different to everyone, and as a nurse, one of the greatest challenges is putting aside my own ideas and beliefs and really listening to the person.

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(cont. p. 6)



Calvin & Cindy designing t-shirts



Bill pops in for coffee & a visit.

In Progress

One foot before the other.
Left, right, left, right.
Walking and climbing
out of the abyss.

Strong winds
whip at me
trying to dislodge me
from my progress.

I hold firm.

I refuse
to fall back
into the abyss.

- Liz Campbell

There and Here

As I watch the
cars go by I start
to wondering where
my life has gone.

I've been out of
contact with the
real world so long
I don't know very much.

What I do know is that
I have to stay strong or
I go back to a place
I don't want to go.

Out here where there's
a lot of stuff to do,
I like it better
than where I was.

So I've got to stay
in control.

Now and
forever!

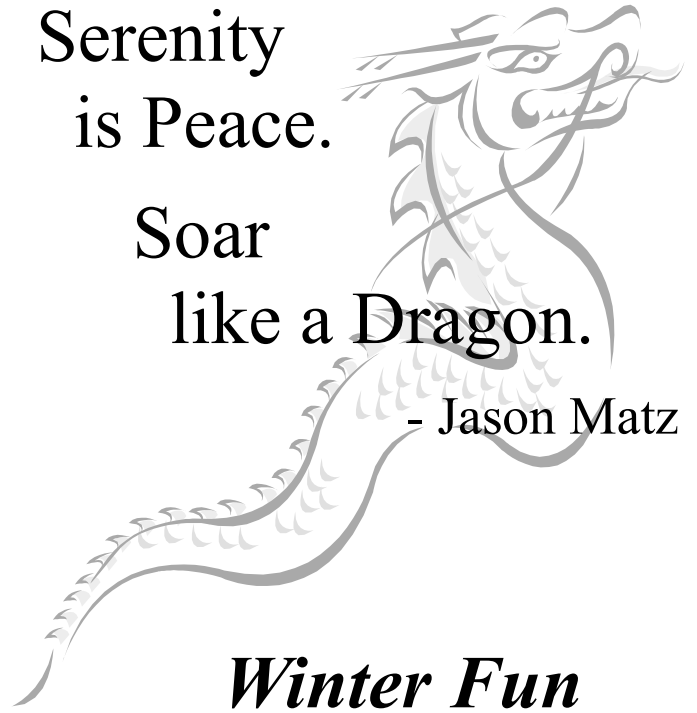
- Jason Matz



Serenity
is Peace.

Soar
like a Dragon.

- Jason Matz



Miriam, Patricia, & Cindy decorate cookies

Winter Fun

Got it. There's another.
I try to catch
the falling snowflakes
on my tongue.
Each one unique
and beautiful.

Children and families
make snowmen
and play in the snow.

“Ouch!”

Someone threw
a snowball at me.
“Well two can play
that game!”

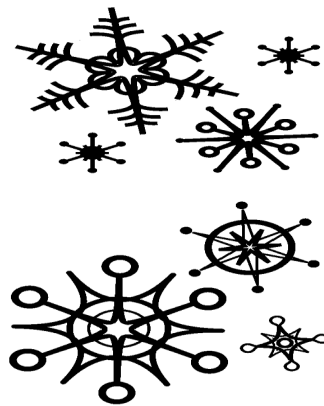
“Snowball fight!”

CERAMICS CLASS

At Cornucopia
I paint
flower pots.

The teachers
Rebecca and Liz
are very good
teachers.

- Cindy Wegner



- Liz Campbell

Deanne's Story

I am in recovery from mental illness, and I believe that giving back to my community has helped me tremendously in the recovery process.

I had heard about a program called 9Muses Art Center in Broward County, Florida, where adults with psychiatric diagnoses take art classes and display their work. At that time, I did a lot of isolating, and I was excited and nervous about going.

Being out among my peers was a challenge, but I grew to love it. At first, I attended classes. Then, as I made friends and began to learn other people's stories, I discovered that I was not alone in the difficulties I had experienced.

As I began feeling better, I volunteered to teach an art class. I taught jewelry making, collage, and greeting cards. I really began to grow as a person, taking responsibility for my emotions and symptoms.

Eventually I was offered a position at the new consumer center, called Rebel's Drop-In Center, teaching arts and crafts. Working with my fellow consumers has enriched my life. I am inspired daily by the poignant struggles of people in recovery. I feel more secure in my recovery than I would have imagined possible back when I took my first art class with my peers. I have learned to manage my symptoms. I hold a full-time job at Rebel's Drop-In Center, and last year I was promoted to Project Director. I believe recovery is possible for all mental health consumers.

www.whatadifference.samhsa.gov/stories



Steve and Culean playing backgammon.

(cont. from p. 3) ... ***Making Resolutions***

Choose Goals That Reflect Your Values and Your Deepest Desires

Sometimes this is initially painful. Many of us have suppressed creative urges and impulses. These longings have been denied even the opportunity to achieve the status of values.

If you decide to rediscover your dreams, be patient with yourself. They've been long in hiding, and they may be afraid to come out.

Once you discover, you don't have to change your life to realize them. They could be expressed by something as simple as finally taking the yoga class you've wanted to do or a class in a subject that secretly interests you. Give your dreams a chance.

Instead of prodding yourself, sacrificing, and suffering, consider enjoying the journey. Call goals callings. Call motivation inspiration. You may discover when you learn to listen to your inner voice instead of all the outer ones, you will realize much more than goals. You may discover who you really are.

C.M. Barrett, Yahoo! Contributor Network
www.associatedcontent.com/mental_health

(cont. from p.3) ***The Impact of Recovery...***

I see examples of recovery every day in my work. It is not just in the individuals receiving services but also in the staff doing the work each day... A recovery approach involves opening oneself up to new experiences, being present, and truly engaging with people. If we look at traditional treatment services, this vision of engagement and making meaningful connections with individuals is often lacking. This way of being impacts the entire setting, both the staff and the individuals receiving treatment and services.


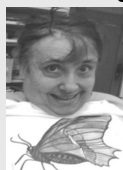





Oftentimes, we overlook the presence of recovery. This is very easy to do, especially if we define recovery as simply the absence of symptoms or treatment compliance. Just recently, I was doing some work in the admissions department of a facility and an individual presented for admission. He shared that he was there to get back on his medications. He was known to the nurse from previous admissions, and she asked him if he was still in the group home. It was inspiring to hear this gentleman talk about how he was now living independently and that he had a job a couple of days a week at the Home Depot. He had run out of medicine and was aware of how this was impacting him. Without force or coercion, he made the choice to seek out treatment and get back on his medication. In hearing this story, the nurse ... missed a critical opportunity to celebrate his progress on the recovery journey. This is not a rare event. We fail to see the small, and even large, successes of the individuals with whom we work. A knowledge of the recovery process can change this and help us to be more open to experiences.

Another experience that recently afforded me the opportunity to really see recovery in action was when I was conducting a group session with individuals in a longer-term mental health unit. Many of these individuals had been hospitalized for a year or longer. One woman, who had a particularly challenging course of treatment, agreed to co-facilitate the group with me. The staff people attending the session were amazed at her ability to engage in the process, stay focused, and support other participants. A gentleman in the group shared his experiences working with his physician and his feeling that he finally was on a medication that really worked for him and that he was going to keep taking it, at least for the time being. He stated at the end of the group, "I have not really attended these kinds of groups before, but I guess this will be happening more. I liked being part of this." It is experiences like this that remind me of why I chose mental health nursing and of the difference that we make each day, one individual at a time.

These stories are only a few examples of recovery in practice. As mental health nurses, we see recovery every day in our work. We need to be aware of these "recovery moments" and take the time to celebrate the recovery process in everyone. As mental health nurses, we can make the difference, and we can create environments that support the growth of hope and motivation. Recovery is all about being a genuine human being and making authentic connections. It is a way of being with individuals and a true guiding force for our work. We simply need to remember that recovery is a journey, and it is a universal journey experienced by all. Our greatest contribution is in supporting this journey in individuals.

- Sabrina Cito, R.N., MSN, RST Recovery Consulting
Recovery To Practice
www.dsgonline.com/rtp/resources

Cornucopia January 2011 Activities Calendar

<i>Sunday</i> <i>closed</i>	<i>Monday</i> <i>10:00-3:00</i>	<i>Tuesday</i> <i>10:00-3:00</i>	<i>Wednesday</i> <i>10:00-3:00</i>	<i>Thursday</i> <i>10:00-3:00</i>	<i>Friday</i> <i>10:00-3:00</i>	<i>Saturday</i> <i>varies</i>
2 HAPPY NEW YEAR! 	3 11:00-12:15 Jewelry	4 10:15-11:15 Watercolor 2:30-3:30 Guided Journaling	5 1:00-2:00 Leather 5:00-7:00 Wellness	6 El Noche <i>de los Tres Reyes</i> 10:30-12:30 Drawing 1:00-2:00 Card Making	7 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections	8 Open 2:00-4:00 T-Shirt Design 
9	10 11:00-12:15 Jewelry	11 10:15-11:15 Watercolor 2:30-3:30 Guided Journaling	12 5:00-7:00 Wellness	13 10:30-12:30 Drawing	14 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections	15 Open 5:00-6:00 Schizophrenics Anonymous
16 	17 Dr. Martin <i>Luther King, Jr. Day</i> 11:00-12:15 Jewelry	18 10:15-11:15 Watercolor 2:30-3:30 Guided Journaling	19 5:00-7:00 Wellness	20 Penguin <i>Awareness Day</i>  10:30-12:30 Drawing 1:00-2:00 Card Making	21 Squirrel <i>Appreciation Day</i> 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	22 "Scooter" 
23	24 11:00-12:15 Jewelry	25 10:15-11:15 Watercolor 2:30-3:30 Guided Journaling	26 5:00-7:00 Wellness	27 10:30-12:30 Drawing 5:00-7:00 Consumer Forum	28 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections	29 Open 5:00-6:00 Schizophrenics Anonymous
30	31 11:00-12:15 Jewelry	1 10:15-11:15 Watercolor 2:30-3:30 Guided Journaling	2 Groundhog Day 5:00-7:00 Wellness 	3 10:30-12:30 Drawing	4 10:15-12:00 Acrylic Painting 1:30-2:30 Ceramics 3:00-4:30 NAMI Connections	 January Members

Please call 249-7477 to verify class dates and times as schedule changes do occur.

CORNUCOPIA CHRONICLES

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Madison, WI 53704-5314



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Cornucopia January 2011 Newsletter



Heather works on a portrait in painting class.

Important Dates & Changes:

*Dues are now \$36
for 2011 membership*

Dr. Martin Luther King, Jr. Day
Jan. 17 - Cornucopia is open

WANTED: Poems, recovery stories, articles, & artwork created by mental health consumers for publication in Cornucopia Chronicles. Submit by mail, email, or in person by the 20th of each month. Topics for up-coming newsletters - love, winter, black history month, dual diagnosis, obsessive compulsive disorder, & members pets.