

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

"WANT A BIRD?"

In my last piece, Lucy had begun to go with me to WORT, Madison's independent radio station, for the Monday night local news production. There she met a coworker who was a speech therapist. I told her how Lucy had woken me up asking, "Want bird?" My coworker's response to my story was, "Maybe Lucy was not asking if **you** want a bird. Maybe **Lucy** wants a bird."

I considered this idea. Lucy had lived with another bird, Oscar the green cheek, until a year ago. Unfortunately, I became ill and moved into a very small apartment—really a room. Before I moved, I found someone to take Oscar into their home since I felt I couldn't take care of him. The lady told me I could always have Oscar back if I wanted him. I wondered if she meant that.

Did Lucy really want bird? It probably got lonely in that cage when I was not home. I would want company! I decided that I would contact the woman who'd fostered Oscar. Her reply was, "Of course, I said you could always have him back." We spent some time arranging pickup and she then announced she was coming into town and would drop off Oscar. In a few days, Kim brought Oscar to my home.

(cont. on p. 5)

Wellness Corner

Karen Herro, RN & Guests

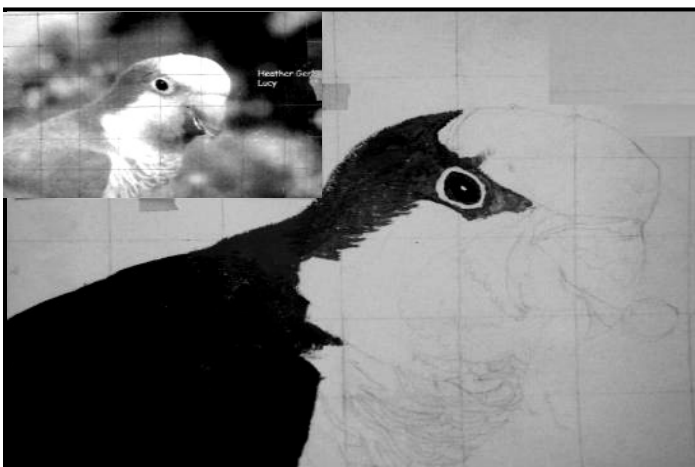
Pets Help Mentally Ill People Feel Loved, Connected, Study Finds

Bill Grandey thought he was the one being helpful when he adopted Cozy in 2004, after the Himalayan cat's owner died. But Cozy wound up giving Grandey at least as much help in the years after he split from his wife of 35 years. "I was by myself and I say the cat got me through my divorce," the Portland man says. "It was great to have a companion."

Cozy also boosted Grandey as he worked to control his bipolar disorder, an illness that sent his mood cycling from periods of high exhilaration to deep depression. "We were looking for the right combination of counseling and medication and lifestyle that would work," Grandey said. "When you're going through that and living alone, that's where the pet comes in."

Cozy's contributions to mental health are not unusual, said Carla Green, a social psychologist with Kaiser Permanente's Portland-based Center for Health Research. A study led by Green found that feline Freuds and avian Adlers regularly help mentally ill people feel loved, connected and in charge. Green's pet paper grew from an open-ended scientific search for things that helped 177 Oregon and Washington residents recover from schizophrenia, bipolar disorder and affective psychosis. Participants gave more than six hours of interviews over two years and answered questionnaires about everything from their social life to their mood. Researchers sifted the answers for factors that improve mental health. Some of the findings were unsurprising, such as having a trusting, regular relationship with a doctor or counselor. One less obvious key to recovery kept cropping up in photos participants were encouraged to bring of things that help or hinder their recovery.

(cont. p. 3)



"Lucy" - a work of love in progress in Tues. morning watercolor class
Painting & above article by Heather G

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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 Karen Milstein
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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

Psychiatric Service Dogs

What is a Psychiatric Service Dog (PSD)?

A dog that is individually trained to do work or perform tasks for the benefit of an individual disabled by severe mental illness. ... Having a psychiatric diagnosis does not necessarily mean you are disabled under the law. What matters is that the degree of impairment is 'substantial'. Consequently, it is in your best interest to document your disability. Working with your doctor is a good first step. Ask your doctor to write a letter stating that you are disabled and that he/she supports your use of a PSD. Keep this a letter in your personal files.



What diagnoses may be assisted by a PSD?

All DSM-IV Axis I disorders such as, Major Depression, Bipolar Disorder, Schizophrenia, Panic Disorder, Social Anxiety Disorder, Agoraphobia, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, etc.

What tasks can PSD be trained to perform?

- Remind handler to take medication on time
- Turn on lights & search a room for intruders
- Warm handler's body during a panic attack
- Interrupt repetitive behaviors
- Attend to handler during emotional distress
- Accompany handler outside of the home
- Alert to mania, panic attacks or dissociation
- Interrupt dissociative episodes or flashbacks
- Hallucination discernment
- Mitigate hyper-vigilance and fear
- Provide a safe grounding presence
- Mitigate paranoia w/reality testing

How are PSD trained & where can I get one?

The law allows disabled persons to train their own PSD. We recommend that you do so under the guidance of a 'regular' professional dog trainer in private sessions. Ask



There is no psychiatrist in the world like a puppy licking your face.

~Ben Williams

your trainer to help you select a dog with an appropriate temperament for a Service Dog. While you can try to identify organizations that will train a PSD for you (good luck), this will deprive you of the benefits of learning how to communicate effectively with your dog through daily training interactions.

(cont. p. 6)

Cats As Service Animals

Dogs are the most well-recognized animals that serve as human helpers and disability and guide animals. But other animals can be trained as service animals too. Miniature horses are becoming accepted as "mobility alternatives" for the visually impaired. Cats are also trained to be service animals.

Pat Gonser, founder of Pets and People: Companions in Therapy & Service, started doing therapy work with one of her cats in the 1990s. She says that many people do not like dogs, but they need a service animal. These people can use a service cat instead. These service felines are able to alert when there is imminent danger. To alert you, the cat may paw at you or sit on your chest.

Since there is no organization that trains service cats, Pets and People provides help for people that want to train their own cats. Gonser



says that starting with a kitten is best. Using clicker training, a cat can be taught to alert the arrival of a seizure. Cats, just like dogs, have an innate sense of when seizures are coming. Kittens can also be taught to use a telephone when the owner is unable to call for help.

(cont. on p. 6)

Sample Letter from a Service Provider

[date]

Name of Professional (psychiatrist, counselor, occupational therapist, doctor)

Clinic

Street

City, State Zip

Dear [Housing Authority/Landlord]:

[Full Name of Tenant] is my patient, and has been under my care since [date]. I am intimately familiar with his/her history and with the functional limitations imposed by his/her disability. He/She meets the definition of disability under the Americans with Disabilities Act, the Fair Housing Act, and the Rehabilitation Act of 1973.

Due to mental illness, [first name] has certain limitations regarding [social interaction/coping with stress/anxiety, etc.]. In order to help alleviate these difficulties, and to enhance his/her ability to live independently and to fully use and enjoy the dwelling unit you own and/or administer, I am prescribing an emotional support animal that will assist [first name] in coping with his/her disability.

I am familiar with the voluminous professional literature concerning the therapeutic benefits of assistance animals for people with disabilities such as that experienced by [first name]. Upon request, I will share citations to relevant studies, and would be happy to answer other questions you may have concerning my recommendation that [Full Name of Tenant] have an emotional support animal. Should you have additional questions, please do not hesitate to contact me.

Sincerely,

Name of Professional

- Taken from Fair Housing Information Sheet # 6
Right to Emotional Support Animals in "No Pet" Housing
(copy available to look through at Cornucopia)

IF I HAD A SUPER POWER!

If I had a super power
I would have elemental powers.
I feel that I channel the traits
from all four elements.

Air is my creativity
and keen observation.
Water is my go with the flow
personality.
Earth is being in tune with myself
and my patience.
Fire is my passion and
bringing warmth
to those around me.

I can use the elements
in many different ways.
But I'd use them for good
and noble reasons.

- Liz Campbell



Dagmar's Katalainchkin, a Siamese Tabby Manx

SAINT PATRICK'S DAY

St. Patrick's Day is here you see.
We'll pick some shamrocks - one, two three.
We'll count the leaves and look them over.
And maybe find a four-leaf clover.

I'll sew green buttons on my vest.
Green for St. Patrick is the best.
I'll wear a green hat very high.
And dance a jig -- at least I'll try!

- Anonymous



Maria's dog Izzy camping with his friend, Piper



Sandy's furry friends, Nick & Leesa



THE COMING OF SPRING

Although its still winter
Think of one thing,
That soon it will be
The coming of spring.

That transition period
Of slush and snow.
Getting warmer.
The sun it glows.

Ready to walk outside,
Golf and such.
Waiting for spring
Is not asking too much.

When it comes
Be grateful its here
Because spring is coming
For another year.

- Dylan Abraham



Karen M's cat Fanya

(cont. p. 1) **“WANT A BIRD?”**

As I opened my door and Kim carried Oscar to his new home, Lucy began to chirp and Oscar answered excitedly. Lucy ran to the side of her cage looking at him and stated, “Ossaker!”

“Did you hear that?” I asked?

“Yes!” said Kim.

“She said Oscar!”

“Sure sounded like it!” “I guess she did miss him!”

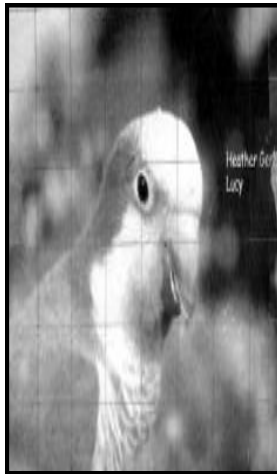
Lucy and Oscar have become their own little flock. They call back and forth and obviously enjoy watching each other interact with me, judging from the kissy sound effects. It’s good that Lucy has some company, because I am now sleeping at night and volunteering all week during the day. Since it is cold out and we travel by bus, Lucy has stayed home but has Oscar’s company .

WORT has a pledge drive in two weeks and Lucy and I are volunteering to work the phones during the children’s show. Lucy always gets big pledges when she’s announced on the air. Hopefully, it will be warm so we can bus instead of taxicab.

Soon, bus season will truly begin, and then Lucy can volunteer at the social outreach center. There, everyone “wants bird” when they meet Lucy.

- Heather G

From “Conversations with Lucy” in Quaker Parakeet Sentinel



Molly C’s infamous Billy



Kim’s cat Playdoe playing

I’M FREE

I’m free like a bird.

I soared like a freed eagle
When I stepped out the front door
Of the prison.

I don’t feel like
I am trapped
In a room like I felt
In prison.

I can walk all day
I can watch movies any time.
I can have a girlfriend.
I’m truly free of prison!!

Free at last.

- Jason Matz



LaureQ’s cat Molly helping with the printing



Marni’s favorite animal, “Scooter”

(cont. from p. 1) **Pets Help Mentally Ill...Feel Loved...**

"Many of those photos were of pets," Green said. The pictures weren't just cats and dogs. People also revealed how horses, guinea pigs, chickens and chinchillas helped them deal with illness. "I never got really bad, but I was suicidal at one time," one woman said during an interview. "The thing that made me stop was wondering what the rabbits would do."

...Scientists -- and animal lovers -- long have known that pets can calm the body and soothe the soul. Compared with the petless, pet owners generally have lower blood pressure, more social connections and recover more quickly from stress or heart attacks. One study found that seniors in nursing homes gained as much from having an animal stop by as having a "young, upbeat" person visit. And, Green wrote in her study, "blood pressure readings taken after stress tests suggest that, in comparison to spouses, pets provide a more calming effect."

While those benefits make it reasonable that pets would help people with mental illness, pets also bring a lot of responsibility and some hassle. And until Green, no one had done a big, community-based study to see whether pets affect recovery from mental illness. The patients Green interviewed said their pets helped them get better in different ways. Many people felt like their pets empathized with their moods and health struggles, and showed them love when they were feeling down. "When I was depressed," one patient said, "she would lay down on the bed next to me and just put her paw across me, and I didn't even have to tell her I was depressed. She'd just sense it."

Pets also helped many patients expand their social circle, either in concrete ways -- like meeting other pet owners at the dog park - or by just by making people feel more sociable and connected. That's vital, because some people with serious mental illness feel isolated and have limited contact with co-workers, friends or family. Responsibility cuts both ways. Caring for a pet also gave many people Green studied a sense of self-worth and responsibility, what she calls "a way in which patients were able to exercise control, feel that they mattered and could make a difference in the life of another living thing."

Grandey said it was nice to have something to think about beyond his health or divorce and to have tasks such as feeding and changing a litter box to keep him busy. "It's something to pay attention to besides yourself. It takes you out of yourself," he said. "I can tell her the house is hers when I leave and greet her when I come home at night."...

Overall, results were persuasive enough that Green said doctors or counselors should consider discussing pets with mentally ill patients, including how the animals can be cared for if people need to enter the hospital. Not everyone wants to have a pet or can, but for animal lovers a pet could be a good adjunct to more traditional treatment, Green said. "Almost everybody loved the attention and the love their pets gave them," she said. "Knowing that you are responsible gives you a reason to live and meaning in your life. Meaning is critical. People need it."

- Andy Dworkin, **The Oregonian**, Tues., Dec. 8, 2009

(cont. from p. 3) **Cats As Service Animals**

Some skeptics think cats are not inclined to such selflessness. "Certainly, some cats might circle around and really make it obvious to whoever else is there that there was a problem because they can sense the fluctuations in the energy," says feline behavior consultant Carole Wilbourn of Manhattan. "But I don't know that they could be trained to do it on command, because you know what cats are like."

Gayle Knowlton, 49, of Tucson, Ariz., trained her first service cat more than a decade ago. Her most current one is Pushette Pudie - named for her less-than-shy demeanor - who Knowlton rescued at four days old from a drainage ditch during a downpour.

"I suffer from severe anxiety and panic attacks, and I have seizures because of it," explains Knowlton, who didn't want a service dog because, at the time, she was a vendor at cat shows, and the species shock would have been too much for her customers. When Pushette detects an impending seizure, "she becomes extremely guarded and won't let anyone near us, and she strokes my face and gets me to focus directly on her." This can often avert a seizure, Knowlton adds, because the interaction lowers her blood pressure.

- Posted on Tuesday, July 10th, 2007



(cont. from p. 3) **Psychiatric Service Dogs**

Does the PSD have to be certified?

No. Although you should be equipped to defend your assertion that the dog is your Service Dog. Accumulate evidence of training in three domains: basic obedience, public access skills, and disability-related tasks or trained therapeutic functions.

Where are PSD allowed to go?

PSD are allowed to access public spaces including but not limited to: restaurants, hospitals, airplanes, doctor's offices, cabs, zoos, stores, etc.

Where may PSD be lawfully excluded?

PSD may be lawfully excluded from private spaces including but not limited to private homes, country clubs, churches, etc. They may also be excluded from spaces where their presence would constitute a safety risk (e.g., operating rooms, research laboratories, constructions sites) or situations in which the animal poses a direct threat to others.

Want More Information?

Psychiatric Service Dog Society
P.O. Box 754
Arlington, VA 22216
(571) 216-1589
joan.esnayra@mac.com
www.psychdog.org

Cornucopia March 2011 Activities Calendar

<i>TEACHERS:</i>	Monday <i>10:00-3:00</i>	Tuesday <i>10:00-3:00</i>	Wednesday <i>10:00-3:00</i>	Thursday <i>10:00-3:00</i>	Friday <i>10:00-3:00</i>	Saturday <i>varies</i>
JEWELRY <i>Heather G</i>	28	1	2	3	4 10:15-12:00	5
LEATHER CRAFTS Steve Arthur	11:00-12:15 Jewelry 1:00-2:15 Leather Crafts	10:15-11:15 Watercolor	10:00-12:00 Fiber Crafts 3:00-4:00 Yoga 5:00-7:00 Wellness	10:30-12:30 Drawing	Acrylic Painting 1:00-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	
WATERCOLOR PAINTING <i>Judy Majeski</i>	7	8	9 10:00-12:00	10	11 10:15-12:00	12
FIBER CRAFTS Cheri Wikowski	11:00-12:15 Jewelry 1:00-2:15 Leather Crafts	10:15-11:15 Watercolor	Fiber Crafts 1:00-3:00 Batik 3:00-4:00 Yoga 5:00-7:00 Wellness	10:30-12:30 Drawing 1:00-2:00 Card Making	Acrylic Painting 1:00-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	Open 5:00-6:00 Schizophrenics Anonymous
YOGA <i>Christine Kopish</i>	14	15	16	17	18 10:15-12:00	19
WELLNESS WORKSHOP Karen Herro, RN	11:00-12:15 Jewelry 1:00-2:15 Leather Crafts	10:15-11:15 Watercolor	10:00-12:00 Fiber Crafts 3:00-4:00 Yoga 5:00-7:00 Wellness	10:30-12:30 Drawing	Acrylic Painting 1:00-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	Open 2:00-4:00 T-Shirt Design
DRAWING <i>Calvin McFarlane</i>	21	22	23	24	25 10:15-12:00	26
GREETING CARD MAKING Kelly Thompson	11:00-12:15 Jewelry 1:00-2:15 Leather Crafts	10:15-11:15 Watercolor	10:00-12:00 Fiber Crafts 3:00-4:00 Yoga 5:00-7:00 Wellness	10:30-12:30 Drawing 1:00-2:00 Card Making	Acrylic Painting 1:00-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	Open 5:00-6:00 Schizophrenics Anonymous
ACRYLIC PAINTING <i>Michael Lincicum</i>	28	29	30	31	1 10:15-12:00	2
CERAMICS Rebecca Schroeder & Liz Campbell	11:00-12:15 Jewelry 1:00-2:15 Leather Crafts	10:15-11:15 Watercolor 1:00-3:00 Dig & Save shopping trip	10:00-12:00 Fiber Crafts 3:00-4:00 Yoga 5:00-7:00 Wellness	10:30-12:30 Drawing	Acrylic Painting 1:00-2:30 Ceramics 3:00-4:30 NAMI Connections Support Group	March Members
T-SHIRT DESIGN <i>Kelly Thompson & Calvin McF</i>	5:00-7:00 Town Hall Meeting	Call to sign up. Ride provided.				

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



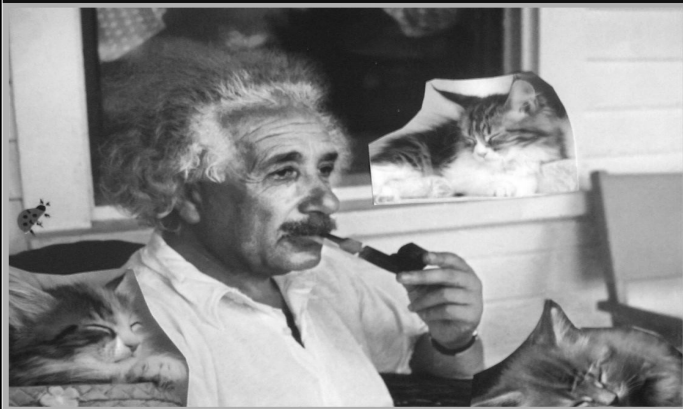
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Cornucopia March 2011 Newsletter

*Try to become not a man of success,
but try rather to become*



a man of value.

- Albert Einstein

t-shirt collage by Dagmar Krause

*Cornucopia Board elections
Monday, March 28 from 5:00-7:00 pm*

Town Hall Meeting

All members welcome to attend for discussion on important issues plus vote for new & old board members.

Guest speaker to be announced.

Pizza & other refreshments will be served.

If you're interested in serving on the board, call or email us about being put on the ballot.