



Heard It through The Grapevine

MARCH 2010

The Vision of The
Grapevine Center,
Inc.

Published By Consumers

Blending good
people with better
choice for the best
recovery.

Upcoming Events

March 19th, 2010 Community Meeting
2 PM

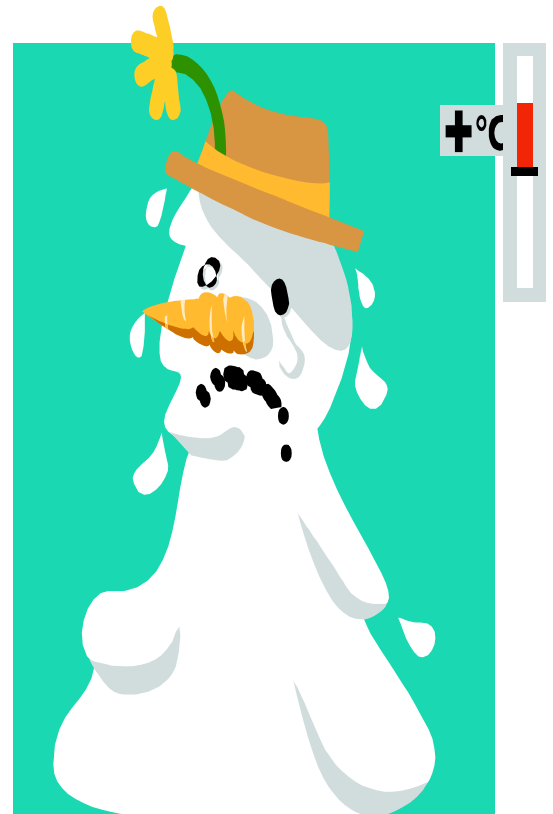
March 22nd, 2010 Pool Tournament 2
PM

March 23rd, 2010 CCBH Annual Conf.

March 23rd, 2010 Birthday Bingo 2PM

March 26th, 2010 S.W. Stakeholders
8:30 am

March 31st, 2010 Community Meeting
2 PM



Grapevine Board
of Directors

Jack McKenna, President

Debbie Dalton,
Vice President

Nancy Lamison,
Treasurer

Marcia Schoeffel,
Secretary

Michelle Gould

Jayne Campbell

George Neigh

Becky Seyler

Nancy Nicklas

Sue Novosel

Gail Steck

Wyatt McCauley

Dena Martinez

Michael Sherman

Grapevine's Newest Program-Certified Peer Specialists

Kathy McDonnell is Grapevine's newest employee. She is a Certified Peer Specialist, and as such, represents the latest initiative in mental health treatment modalities. Research has demonstrated that the certified peer specialists

Programs are at least as effective as traditional treatment methods, such as psychotherapy.

Kathy is a consumer in recovery from both substance abuse and mental illness. Over the years she has had more than twenty hospitalizations, has endured a series of ECTs, a self inflicted gunshot

wound, has spent time in jail and has had several substance abuse rehabs. Presently, Kathy has 12 years of sobriety.

Currently, Kathy sees nine peers that are on her caseload, but will have more soon. Grapevine will also hire more Peer Specialists as the program grows.

Sexually Transmitted Diseases: An Overview

Sexually transmitted diseases, commonly called STDs, are diseases that are spread by having sex with someone who has an STD. You can get a sexually transmitted disease from sexual activity that involves the mouth, anus, vagina, or penis.

According to the American Social Health Organization, one out of four teens in the United States becomes infected with an STD each year and by age 25, half of all sexually active young adults will get an STD.

STDs are serious illnesses that require treatment. Some STDs, like AIDS, cannot be cured and are deadly. By learning more about STDs, you can find out ways to protect yourself from the following STDs.

Genital herpes

Human papilloma virus/Genital warts

Hepatitis B

Chlamydia

Syphilis

Gonorrhea ("clap")

What are the symptoms of STDs?

Sometimes, there are no symptoms. If symptoms are present, they may include one or more of the following:

Bumps, sores or warts near the mouth, anus, penis or vagina.

Swelling or redness near the penis or vagina.

Skin rash.

Painful urination.

Weight loss, loose stools, night sweats.

Aches, pains, fever, and chills.

Yellowing of the skin (jaundice).

Discharge from the penis or vagina (Vaginal discharge may have an odor).

Bleeding from the vagina other than during a monthly period.

Painful sex.

Severe itching near the penis or vagina.

How do I know if I have an STD?

Talk to your doctor. He or she can examine you and perform tests to determine if you have a sexually transmitted disease. If you think that you have an STD, it's important to see your doctor. Treatment can:

Cure many STDs.

Lessen the symptoms of STDs.

Make it less likely that you will spread the disease.

Help you to get healthy and stay healthy.

How are STDs Treated?

Many STDs are treated with antibiotics.

If you are given an antibiotic to treat an STD, it's important that you take all of your medicine, even if the symptoms go away. Also, never take someone else's medicine to treat your illness. By doing so you may make it more difficult to treat the infection. Likewise, you should not share your medicine with others.

How can I protect myself from STDs?

Here are some basic steps that you can take to protect yourself from STDs:

Consider that not having sex or sexual relations is the only sure way to prevent STDs.

Use a latex condom every time you have sex. (If you use a lubricant, make sure it is water based.)

Limit your number of sexual partners. The more partners you have, the more likely you are to catch an STD.

Practice monogamy. This means having sex with only one person.

That person must also have sex with only you to reduce your risk. Choose your sex partner with care. Don't have sex with someone whom you suspect may have an STD.

Get checked for STDs. Don't risk giving the infection to someone else.

Don't use alcohol or drugs before you have sex. You may be less likely to use a condom if you are drunk or high.

Know the signs and symptoms of STDs. Look for them in yourself and your sex partners. Learn about STDs. The more you know about STDs, the better you can protect yourself.

How can I prevent spreading a sexually transmitted disease?

Stop having sex until you see a doctor and are treated.

Follow your doctor's instructions for treatment.

Use condoms whenever you have sex, especially with new partners.

Don't resume having sex unless your doctor says it's okay.

Return to your doctor to get rechecked.

Be sure your sex partner or partners also are treated.

Excerpted from WebMD from an article reviewed by Ngozi A. Osondu, MD. On Feb. 1st, 2007

Personal Stories

Brian Steinmiller: Brian is a senior at Slippery Rock University majoring in Psychology and Criminology. He is doing an internship here at Grapevine Center and will receive college credit for his work here. Brian is originally from the Pittsburgh area, having graduated from North Allegheny High School. In his recreation time Brian likes to play hockey, and often plays twice a week. He is, also, a member of the psychology club at Slippery Rock to augment his skills in psychology.

After graduation this spring, Brian, plans to pursue a career in some aspect of law enforcement; i.e., parole officer, probation officer or police officer. He chose Grapevine for his internship because he believes that his experience here will afford him useful experience with the mental health population. And he feels this is vitally important in law enforcement as so many individuals with mental health issues become involved in the legal system.

John is in the Comprehensive Community Treatment (CCT) Program. He has been in this program for a year and a half and has remained in recovery throughout the period. Prior to CCT John had been hospitalized for 6 years. He now reports that he “feels confident about his ability to live and function in the community”. So confident, that he has begun to look for a job. John is simply a prime example of how recovery is possible, even probable.

The Conferences you can attend

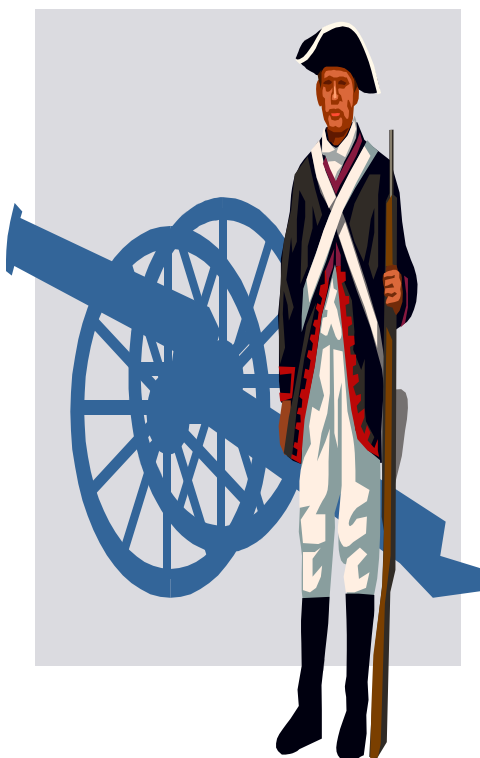
You can sign-up to attend the following conferences: For overnight conferences you must follow the Grapevine scholarship application process.

-Conferences Continued-

Value Behavioral Health
Friday April 16th, 2010
Held at Westmorland County
Community College
See staff for sign-up materials

NAMI Conference
Friday & Saturday April 23rd & 24th
Held at Pittsburgh Airport Merriott
See staff for sign-up materials and
scholarship application

PMHCA Conference
Monday June 14th to Thursday June
17th
See staff for sign-up materials and
scholarship application



Consumer Rights

- To be treated with dignity & respect
- To have your medical records kept private
- To take part in decisions about your care
- To have your treatment & risks explained to you
- To help set up your treatment plan
- To ask for a change in your treatment plan
- To choose your provider from a list of Health Choices providers
- To see your medical records & discuss them with your provider
- To ask for a copy of the Medical Necessity Criteria
- To ask about the qualifications of your provider
- To receive services without regard to age, gender, race, color, religion, ethnicity, or sexual orientation

POETRY CORNER

Love Sails On

By
Cherie Greenspring

You came into my world at the start,
As I poured the tears from my sad
heart,

Into the worlds, then broken apart,
We met and found we both loved art

And discovered in our poetry,
A link between us we could see,
Both of us in recovery,

So we got together and had tea.

Then I got to know you well,
As we both crawl inch-by-inch from
hell,
And you listened to each story—tell,
Each time I stood, each time I fell.

You got past the soulful wails,
The self-expression of the tales,
Life's downers, snows, & rains, &
hails,
Lifted and filled my windless sails,

Bringing love and joy without fail.



For Rita

By
Cherie Greenspring

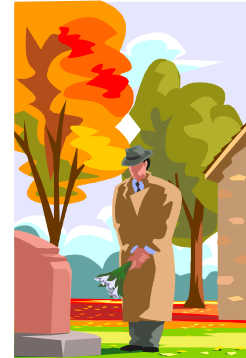
Missing you in parting, my friend,
I whisper your name into the wind,
So young at your untimely end,
Your heart was sweet, your heart was tender.

You were more like family,
We sang together till we were free,
We talked and laughed, poetically,
You saw my heart, though you couldn't see.

But you touched me as a soul,
When with you I felt good, and whole,

Playful we'd be, like little foals,
And warm when around the fire's coals.

I went to see you and you cried,
When we talked on the phone, more
tears in your eyes,
Then finally you went to spirit's skies,
To be with your loved ones who've gone
by & by.
Into the winds your name I'll sigh.



Inside/Outside

By
Susan

Absolutely
blinding light,
cool shade,
dappled glades.
Ever deeper in my soul, I
feel heat. The
grass cools me.
Heavy shade
in my
jived up soul
keeps me
light,
makes me mellow—
never
old. Sometimes

poetic, often
quixotic.

Rest assured—
sane of not, I
take my chances
under fire—is it in
vain?

Why, I leave the
xplanations to you, my
zany friend.



Slowly Caring For Self

By
Cherie Greenspring

A breeze blowing on my back,
The still quiet of morning,
Arising from a dream,
Thoughts slowly forming,
Sips of hot coffee,
The second-hand slips by,
As moment-to-moment I live,
A warm shower on my back,
A day ahead in which to give.
Slowly, slowly, caring for myself
To survive each day and be well.

Attitude

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes.”

—Charles Swindoll



Pool Tournament Results

February 25th, 2010

Frank & Darrah				
	—Phil & Kayla			
Phil & Kayla				
		—Ken & Anita		
Victor & Tammy				
	—Ken & Anita			
John & Sue				—Mark & Jeff
Jim & Nancy				
	—Jim & Nancy			
Mark & Jeff		—Mark & Jeff		
	—Mark & Jeff			
Ray & Shirley				—Dennis & Audrey
Audrey & Dennis				
		—Audrey & Dennis		
Carla & Mark C.				

Winners
Audrey & Dennis



OPEN BOARD SEATS

**Board members must be able to attend meetings normally held
On the third Monday of each month beginning at 5:30 PM to 7:30 PM.**

**If you are interested in serving your fellow members please submit
A letter of interest and resume to the address below by June 4, 2010.**

**Nominating Committee
Grapevine Center Inc.
140 North Elm Street
Butler, PA 16001-4820**



Poetry Corner Continued

Sweet Serenity
By
Wyatt McCauley

As we sit on the benches that we call life we sit in the Still Presence of an unseen Creator, one who caused this all to be, we sit in the Sweet Serenity of the Earth, a calm existence that no one else can disturb. The Sweet Serenity washes over each of us like a calm river that drowns our fears away not hurting us but delivering us unto a higher plain of calmness which we maintain till the next event of our lives. Sweet Serenity no one can destroy it unless if we let them. So for now on lets keep our Sweet Serenity for the days to come of the months or years for our unseen Creator is always there to keep our fears away and our hopes alive.

Blessings Of The Heart
By
Wyatt McCauley

Blessings come in many shapes and sizes, and we count on them to pull us through to the next day to get us through the rough patches of our lives, like a reward that we deserve. The true Blessings Of The Heart are the ones that the Creator, who I call God, has stored up for us, who gives us all things. These rewards are promised as I call chosen victories, these sustain us, give us hope, which Fulfills us to the next stage of our lives. These blessings we must cherish for the rest of our life, for the next one may come and we will not notice it.

*Personal Note:
Always cherish your Blessings Of The Heart and always remember to take them when they come never dismiss them.



Pool Tournament Results

February 18th, 2010

Mark B.

— Mark C. — Jim R.

Mark C.

—Mark C.

Kayla M.

—Mark C.

—Kayla M.

Tammy G.

Shirley J.

——Winner Scott P.

—Shirley J.

Victor S.

Scott P.

—Scott P.

—Scott P.

Audrey

—Scott P.

Denis L.

—Artemio G.

Artemio G.

Sue S.

—Brian S.

—Brian S.

Brian S.

Jim R.

—Jim R.

Stacey

**GRAPEVINE
CENTER, INC.**

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Fax: 724-283-8635 :

Email: grapevine@zoominternet.net
Web: <http://grapevinecenter.org>

**We're on the Web;
grapevinecenter.org**

Dear Betty



Betty will answer questions submitted to her through her mailbox. You may submit any type of question.

Question: I don't have the money to go to the conference. What is the scholarship process?

Reply: See a staff member and ask for a scholarship application for the conference

Question: Is there going to be a picnic on Free Fishing Day this year ?

Reply: Yes. It is scheduled for June the 6th at Moraine State Park.

Mary Lou's Corner

Beef Enchiladas

1 pound ground beef
1 cup cottage cheese
1 can (4 1/4 ounces)
chopped ripe olives, drained
2 tlbs. Minced fresh parsley
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. pepper
8 flour tortillas (7 in.)

SAUCE:

1 medium onion, chopped
1/2 medium green pepper,
chopped
1 tlbs. Cooking oil
1 can (15 ounces) tomato
sauce

1 can (4 ounces) chopped
green chilies
2 tsp. chili powder
1 tsp. sugar
1/2 tsp. garlic powder
1 cup shredded cheddar
cheese

Instructions: In a skillet,
brown the ground beef &
drain. Combine with cottage
cheese, olives, parsley, garlic
powder, salt & pepper. Place
1/3 cup filling on each tor-
tilla; roll up. Place tortillas,
seam side down, in an un-
greased 13 in. x 9 in. x 2 in.
baking dish. For sauce, sauté
the onion & green pepper in
oil until tender. Add tomato
sauce, green chilies, chili
powder, sugar & garlic pow-
der. Pour over tortillas. Cover
and bake at 350 deg. for 30
minutes. Sprinkle with

Cheese & return to oven for
5 min. or until cheese melts.

Yield: 4 servings.



PICTURES FROM THE VALENTINES DAY DANCE

