



Heard It through The Grapevine

MAY 2010

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The Vision of The
Grapevine Center,
Inc.

Blending good
people with better
choice for the best
recovery.

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Upcoming Events

- May 15th, 2010 Fashion Show 1 PM
- May 17th, 2010 GV Board Meeting 5:30 PM
- May 18th, 2010 Butler CSP 12-2 PM
- May 19th, 2010 Pool Tournament 2 PM
- May 20th, 2010 WRAP Class 2-4 PM
- May 20th, 2010 MHA Dinner 6 PM
- May 21st, 2010 Community Meeting 2 PM
- May 24th, 2010 Birthday/Bingo 2 PM
- May 27th, 2010 WRAP Class 2-4 PM
- May 28th, 2010 SW Stakeholder Meeting
- May 31st 2010 Pirate Game 10:30 AM



New Employees At Grapevine

Steven Currence began working in March in the CFST department. He is not a new face here at the Grapevine Center, however. Steven worked for the Recovery Project as a mentor for 6 years; in fact he was among the first persons to be hired in the mentor program. Currently,

Steven is scheduled to take the training to become a Certified Peer Specialist and a Certified Recovery Specialist. In his spare time Steven likes to attend rock concerts, and says he has attended some 500 concerts over the years. He also likes to ride motorcycles, although he doesn't currently own one. He has 13

years of clean and sober time.

Lisa Kostelnik began working about a month ago as a general office specialist. She currently works 3 days a week doing general office work for Bette. Lisa has 5 kids; 3 girls and 2 boys. In her spare time she likes spending time with her kids; roller

Continued on page -2-

Personal Stories

New Employees: From Page 1

Skating, bowling, and watching sports on TV. She particularly likes Penn State football, Pitt basketball, the Penguins, and the Steelers. Lisa has traveled a good bit and would like to do more.

Rick Martin: Rick began working at Grapevine in April in the C.F.S.T. department. Currently, he is coordinating the Anti-Stigma campaign. Rick is also training to become a Certified Recovery Specialist, and will be finished in July 2010. In his spare time Rick likes to read, cook, volunteer for the Red Cross, attend 12 step programs and likes to watch the Penguins. Rick is an Air force Veteran and is a 5th degree black belt in Judo.

Grapevine's Association With a Semi-Pro Football Team:

James Russell, the Coordinator of Transportation, is now coaching a semi-pro football team here in Butler. Actually, James is the Defensive Coordinator of the team. The team is known as the Butler County Bears, and as indicated previously, is a Semi-Pro team. The Bears play five home games and their complete schedule is as follows.

June 5, 2010 at Uniontown Power
 June 12, 2010 at West Virginia Lightning
 June 19, 2010 at Columbus War Eagles
 June 26, 2010 UNIONTOWN POWER
 July 3, 2010 BYE
 July 10, 2010 WEST VIRGINIA GLADIATORS
 July 17, 2010 at Cleveland Saints
 July 24, 2010 PITTSBURGH PRIDE
 July 31, 2010 COLUMBUS WAR EAGLES
 August 7, 2010 at Ceredo Kenova Crash
 August 14, 2010 CLEVELAND SAINTS

Home games are played at Karns City High School. Your attendance and support would be greatly appreciated. Admission is \$5 for adults and children. If you have the inclination to play football, you can join the team by calling either Kirk Bergbigler at 724-991-1861 or Tony Dresher at 724-316-7730, or seeing James Russell here at Grapevine. Practices are held every Tuesday, Thursday, and Saturday at 11:00 Am to 2 PM at Marinario Park Field.

If you would like to become a financial supporter of the Bears you can do so by Seeing James Russell here at Grapevine, or by calling Kirk Bergbigler at 724-991-1861 or Tony Dresher at 724-316-7730.

Some Facts about the Bears:

The Butler County Bears are a part of the United States Football Alliance (USFA), which is made up of teams dispersed over Pennsylvania, Ohio, West Virginia, New York, Kentucky, and Michigan.

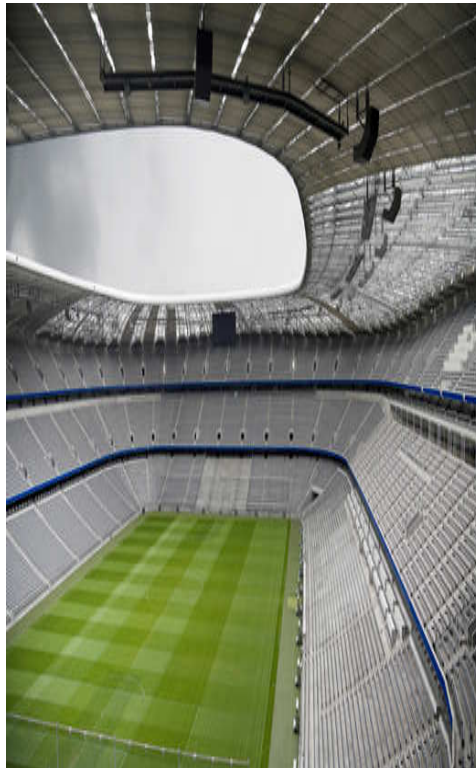
This is the Bears first year in the league.

Their colors are blue and orange like the Denver Broncos

Home games are played at Karn City High school.

Practices are held at Marinario Park field every Tuesday, Thursday and Saturday from 11:00 AM to 2:00 PM.

Depending upon their record, the Bears could win a berth in the play-offs, and even the super bowl.



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

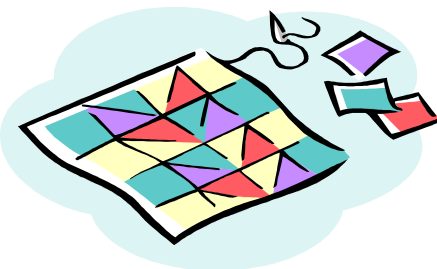
Pray For Others
By
Unknown

I am blessed by the people in my life each piece of a quilt has its own Color, pattern, texture and design With unique beauty and charm. But when the individual pieces of a quilt are sewn together, they become one magnificent work of art. Just as the pieces of a quilt have unique

Beauty, the people in my life have unique personalities, talents and skills. Their presence blesses me in countless ways.

Who are the people in the patchwork of my life? They are those I am close to as well as those I meet in passing. I give thanks for all of the people who touch my life in some way. I enfold them in prayer and hold them in a special place in my heart. They are an important part of the fabric of my life—a

Tapestry of love.
All who believed were together and had all things in common—
Acts 2:44



The Eagle Took Me

By Shirley Hill

The pain in my heart is so very deep, my heart aches so bad sometimes I cannot sleep, my body can't forget when he hit me how it seemed, he says that he is sorry and will never do it again, but just like before the abuse begins, hurting and bruised I looked to the sky, to see this large bird coming close

to my eyes, he swooped down and landed and gave me a gaze, his wings were so long they put me in a daze, I walked toward the eagle and he lowered his back, was I to get on before I received another smack, afraid of the eagle and afraid of the abuse, I climbed aboard the eagle and said "What's the use?" he took me with him soaring through the air, I know the other birds were thinking

"Why is she there?", I knew then it would not let me die, for the eagle had taken me high up in the sky, when he gets home to abuse me he will see, I am not there because the eagle took me.



Windows Of Astral Depression
By
Shirley Tolbert Jackson

Well its May again
And the weather is
more like the fall

Depression is a hard
Thing to lift
When there's no
Sun at all

Everything appears to
Be viewed through the
Clouded glass of
Smokey, steamy
Windows outside

Inside my mind feelings
The same. Like a gate
Opens to walk into the
Astral plane, where
The clouded visions are
The same.

The invisible of reactive
Astral mind of the cosmos
Is coming clear. Planets
Seen afar are now seen as
Near.

Are we all of this Earth's
Depression on our minds
Existing unknowingly. Astrally
blind. Waking up.



Poetry Corner Continued

Animal Crackers 2—The Birds The Word

I hope someday to offer treats
To sparrows who are quoting Keats
And wake -up while the morning greets
Philosophizing parakeets

An ostrich who could write a play
A crow as good as Hemingway
A pelican, a heron too
Their book about a petting zoo

A condor and a yellow finch
Collaborating in a pinch
Combining talents seldom seen
While editing a magazine

An emu and a blue-green teal
A parrot and a cockatiel
An albatross with giant wings
All writing literary things

Flamingos, jays and ospreys merge
Indulging their creative urge
A buzzard with his feathers clipped
Can still produce a movie script

By now I think I hear them say
I wish this bird would fly away
And on my pen to lay a curse
For writing all this silly verse



Reverie

Soft mem'ries flit across my pensive mind
Spring slowly into summer floats along
Sweet flowers in astonishing array
Oaks, pines and maples beckon to my sight
And so enticingly
In my reverie

The ballfields where I often stopped to play
The dirt and grass crowned with an outfield fence
The hours spent there basking in the light
Now overgrown with tangled webs of weeds
Still ponder lovingly
In this reverie

The exquisite banquet of fresh cut grass
The ling' ring freshness of a mid-may rain
The bullfrogs and the crickets harmonize
This symphony so sweepingly recalled
Merge incandescently
Joyful reverie

Though years flow on towards a foretold end
And bitterness and sweetness do combine
by reminiscence am I now possessed
And a pleasant sense of symmetry achieved
So all enchantingly
Endless reverie



WOMEN'S HEALTH

Why Am I So Tired? 7 Causes of Fatigue

Getting plenty of sleep but still exhausted? Before you blame your multi-tasking, super-woman lifestyle, learn more about what might be at the root of your unexplained fatigue.

By Colette Boucher

Reviewed by Louise Chang, MD

We are in the midst of a global energy crisis but it has nothing to do with oil. The problem is unexplained fatigue.

"I'm so tired; I just can't do what I used to do."

"I'd love to go but honestly, I just don't have the energy."

"Sex? You mean right now?"

If you are like most women, these phrases have become mantras, the echo of our collective yawn growing louder every day.

"The single biggest complaint I hear from my patients, day in and day out, is fatigue," says cardiologist Nieca Goldberg, MD, director of the NYU Medical Center Women's Heart Program and associate professor at the NYU School of Medicine.

Of course, for some of us the problem is simply multi-tasking to the max and not getting enough sleep, or good quality sleep. "If you are continually logging in just 5 or 6 hours a night, it's going to catch up with you, no matter your age", says Rebecca Amaru, MD, clinical instructor of obstetrics and gynecology at the Mount Sinai Medical Center in New York City.

But if you are getting a healthy 7 to 8 hours a night and you're still tired, Goldberg says it's time for a check-up to uncover the causes for fatigue.

"If your fatigue goes on for more than a week and there is no explanation for feeling tired, then yes, see your doctor", says Goldberg.

While occasionally fatigue may be a sign of a serious illness, experts say most often it's caused by a minor problem, with a relatively easy fix.

To help you zero in on why you can't stop yawning, here are 7 hidden causes of fatigue — potential health problems you should discuss with your doctor.

Fatigue Cause # 1: Anemia

"If you are in your reproductive years, and particularly if you experience heavy menstrual cycles, have fibroid tumors or

uterine polyps, or if you've recently given birth, the blood loss may have caused you to develop anemia—a leading cause of fatigue in women", says Amaru. Problems occur, she says, when the bleeding leads to a deficiency of hemoglobin, the iron rich protein in red blood cells that carries oxygen from the lungs to other parts of your body. When your tissues and organs don't get enough oxygen, she says, the result is fatigue.

Other causes of anemia include internal bleeding, or a deficiency of iron, folic acid, or vitamin B-12. Anemia may also be caused by chronic diseases like kidney disease, for example. Symptoms can include dizziness, feeling cold, and irritability.

To confirm a diagnosis of anemia, your physician will give you a blood test. Treatment, usually consists of iron supplements if iron deficiency is the cause, and adding iron-rich foods — such as spinach, broccoli, and red meat to— your diet.

The good news: With effective treatment, your fatigue should begin to lift in thirty days or less.

Fatigue Cause # 2: Underactive thyroid (hypothyroidism)

If you are generally sluggish, run down, and even a little depressed, Goldberg says the problem may be a slow thyroid, also known as hypothyroidism. The thyroid is a small butterfly shaped gland that sits at the base of your neck and controls your metabolism, the speed at which your body operates.

"I believe that undiagnosed thyroid disorder is one of the major female health problems in this country. I think it is more widespread than anyone realizes", says Goldberg.

According to the American Thyroid Foundation, by age 60 approximately 17% of all women will have a thyroid disorder and most won't know it. The most common cause, they say, is an autoimmune disorder known as Hashimoto's thyroiditis. This condition causes the body to destroy the cells responsible for producing thyroxin and other hormones secreted by the thyroid gland. The result is hypothyroidism, or a slow metabolism. Blood tests known as T3 and T4 will detect thyroid hormones. If these hormones are low, Goldberg says, synthetic hormones can bring you up to speed and you should begin to feel better fairly rapidly.

Fatigue cause # 3: Undiagnosed Urinary Tract Infection (UTI)

Continued on Page -6-

Women's Health Continued

Although most women associate a urinary tract infection with symptoms such as burning or urgency, Goldberg says in some instances fatigue may be your only clue.

"Not every woman has obvious symptoms of a UTI. Some have no symptoms or mild symptoms, except for the fatigue", she says.

In most instances, a UTI is caused by bacteria in the urinary tract, often the result of improper bathroom hygiene (wiping back to front, for example). Sexual intercourse can increase the risk because it can push bacteria from the vagina into the urethra.

If your physician suspects that you have a UTI, your urine will be tested. Treatment is quick and easy, and usually involves an oral antibiotic medication. Goldberg says the fatigue will lift within a week or less.

If your symptoms return, get tested again, she says, because in some women, UTI's are chronic. If this is the case, talk to your doctor about preventive care, including low dose antibiotics.

Fatigue Cause # 4: Caffeine Overload

Many of us grab a coffee or cola for a quick burst of energy, but for some women, caffeine can have the opposite effect.

In an article published in the journal *US Pharmacist*, author W. Stephen Pray, PHD, RPH, reports that caffeine is a stimulant, but if you take too much, the tables can turn.

"In some patients, continued abuse results in fatigue", according to Pray. And if you think this means you simply require more caffeine to get the kick, this isn't the case. "Any attempts to solve the problem by increasing caffeine intake causes the fatigue to worsen," he says.

The solution: Eliminate as much caffeine from your diet as possible. This means not only cutting out coffee, chocolate, tea, soda, and even some medications that also contain caffeine and could be causing unexplained fatigue.

Fatigue Cause # 5: Food Intolerances

While food is supposed to give us energy, some doctors believe hidden food intolerances can do the opposite. According to Rudy Rivera, MD, author of *Your Hidden*

Food Allergies Are Making You Fat, even mild food intolerance can leave you feeling sleepy. Eat the offending food long enough and you could find yourself feeling continually exhausted. "Evidence indicates food intolerance as a cause of fatigue, and even suggests that fatigue may be an early warning sign of food intolerance," he says. If you suspect that food may be behind all that yawning, Rivera says to start an elimination diet, cutting out foods that cause you to feel sleepy within 10 to 30 minutes of eating them.

Fatigue Cause # 6: Sleep Apnea

If you're not getting enough sleep, it stands to reason you'll be tired. But what if you don't know that you aren't getting sufficient sleep? This is often the case with a condition called sleep apnea—a sleep disorder that causes you to momentarily stop breathing, often many times during the night. Each time you stop breathing, you awaken just long enough to disrupt your sleep cycle, usually without being aware of it. Your only clue, says Goldberg, is that you experience constant fatigue no matter how many hours you sleep each night. According to Goldberg, sleep apnea, which is caused by an upper airway obstruction, often occurs in women who are overweight or obese. Snoring is often a sign of sleep apnea. Diagnosis requires a visit to a sleep lab, or to a doctor who specializes in sleep apnea.

If you have sleep apnea, your physician will recommend lifestyle changes, including losing weight and quitting smoking. Medical treatment includes devices that keep airway passages open while you sleep. In extreme cases, surgery may be necessary to ensure proper airway flow. Left untreated, sleep apnea can increase your risk of stroke or heart attack.

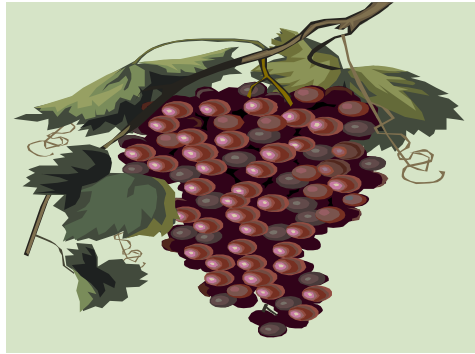
Fatigue Cause # 7: Undiagnosed Heart Disease

If you find yourself becoming exhausted after activity that used to be easy, it may be time to talk to your doctor about the possibility of heart disease.

According to Goldberg, when overwhelming fatigue sets in after ordinary tasks—such as vacuuming the house, doing yard work, or commuting from work each day—your heart may be sending out an SOS that it needs medical attention.

"This doesn't mean that you should panic every time you yawn", says Goldberg. "Most of the time, fatigue is not the first sign of heart disease, and it's usually linked to something far less serious."

At the same time, Goldberg points out that heart disease is the leading cause of death in women. "If fatigue following activity is significant, and no other possible reason comes to mind, see your doctor for a check-up," she advises. If your fatigue is related to your heart, medication or treatment procedures can usually help correct the problem, reduce the fatigue, and restore your energy.



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**



**GRAPEVINE
CENTER, INC.**

140 North Elm Street
Suite B
Butler, PA 16001
Phone: 724-283-1704
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: How do I become a member of Grapevine's Board ?

Reply: You must submit to the Board Of Directors a letter of interest along with a copy of your resume.

Question:

Reply:

Mary Lou's Corner

Chili Skillet

- 1 pound ground beef
- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 1 garlic clove, minced
- 1 cup tomato juice
- 1 can (8 oz.) kidney beans, undrained
- 4 tps chili powder
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 cup uncooked long grain rice

- 1 cup can or frozen corn
- 1/2 cup sliced ripe olives
- 1 cup shredded cheddar or Monterey Jack cheese

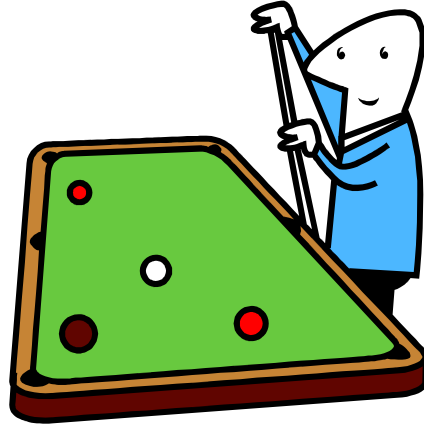
cover and cook only until cheese melts, about , 5 minutes.

In a large skillet over medium heat, cook beef, onion, green pepper and garlic until meat is brown and vegetables are tender. Drain fat. Add tomato-juice, kidney beans, chili powder, oregano, salt and rice. Stir in corn and olives; cover and cook 5 minutes more. Sprinkle with cheese;



POOL TOURNAMENT RESULTS

April 6, 2010



Nancy R.
———Dennis L.
Dennis L.

Mark D.
———Dennis L.
———Mark D.
John B.

Kayla M.
———Frank M. ———Dennis L.
Frank M. **Winner**

Tammy G.
———Carolyn S.
Carolyn S.

Eric L.
———Ray W.
Ray W.



The Prayer of St. Francis

Lord, make me a channel of thy peace,
 That where there is hatred, I may bring love;
 That where there is wrong, I may bring the spirit of forgiveness;
 That where there is discord, I may bring harmony;
 That where there is error, I may bring truth;
 That where there is doubt, I may bring faith;
 That where there is despair, I may bring hope;
 That where there are shadows, I may bring light;
 That where there is sadness, I may bring joy.
 Lord, grant that I may seek rather to comfort than to be comforted;
 To understand, than to be understood;
 To love, than to be loved.
 For it is by self-forgetting that one finds.
 It is by forgiving that one is forgiven.
 It is by dying that one awakens to eternal life.

I have had only three assets: I was keenly interested, I accepted every challenge and every opportunity to learn more, and I had great energy and self discipline.

Eleanor Roosevelt

Pool Tournament Results

April 13, 2010

Ken F. _____Ken F.

Dennis L.

Ken F.

Shirley B. _____Anita M.

Anita M.



Bob N. _____Brian K.

Brian K.

Larry G. _____Larry G.

Dave S.

Larry G.

Sue S. _____Sue S.

Mary H.

Larry G.

Mark D. _____Kayla M.

Kayla M.

Kayla M.

Kevin W. Winner

Tammy G. _____Nancy R.

Nancy R.

Kevin W.

Kevin W.

Kevin W.

Pool Tournament Results

April 22, 2010

Sue S.

_____Kayla M.

Kayla M.

Mark D.

_____Mark D.

Shirley J.

Anita M.

_____Tammy G.

Tammy G.

Tammy G., Winner

Nancy R.

_____Jim R.

Jim R.

Dennis L.

_____Dennis L.

Jonica H.

Lenny M.

_____Lenny M.

Ken F.

Carla S.

_____Carla S.

John B.



POOL TOURNAMENT RESULTS

April 28, 2010



Dennis L. _____ John S.
John S. _____ John S.
Ken F. _____ Ken F.
Jonica H. _____ Carla S.
Carla S. _____ Carla S.
Jim R. _____ Carla S.
Mark D. _____ Mark D.
Tammy G. _____
John R. _____ Anita M.
Anita M. _____ Anita M.
Bryan W. _____ Lenny M.
Lenny M. _____ Anita M.
Sue S. _____ Sue S.
Joe O. _____ Kayla M.
Kayla M. _____ Kayla M.
Adam B. _____

**Carla S.
Winner**

