



The Vision of The Grapevine Center, Inc.

Blending good people with better choices for the best recovery

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Heard It Through the Grapevine



UPCOMING EVENTS

- September 2, Community/Volunteer meeting 2 PM
- September 5, Labor Day Center open 3 to 7 PM
- September 6, Pool Tournament 2 PM
- September 8, Wal Mart 11:30 AM
- September 9, Western Region 8:30 AM
- September 11, Butterfly Release 12:30 PM
- September 13, Air hockey Tournament 2 PM
- September 14, Butler Ambulance Service 1:30 PM
- September 15, Zilch Tournament 2 PM
- September 19, GV Board Meeting 5:30 PM
- September 20, Butler CSP 12 PM
- September 22, Pool Tournament 2 PM
- September 23, Community Meeting 2 PM
- September 26, Pool Tournament 2 PM
- September 29, Birthday/Bingo 2 PM
- September 30, S.W. Stakeholder
- September 30, Zilch Tournament 2 PM

Published by Consumers



Butler County United Way

Poetry Corner

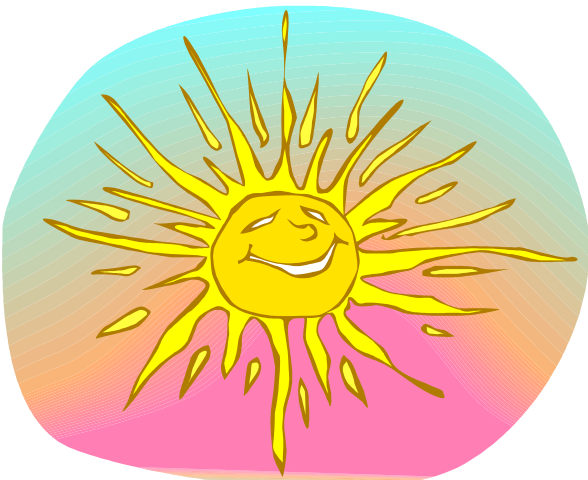
SOMETHING TO BELIEVE IN

When I saw you for the first time
 Eyes the color of the ocean
 Something moved inside of me
 Long forgotten , lying broken
 Now I can't turn away
 Watching you as you lay sleeping
 Can you feel winds of change
 Is this something to believe in ?

—
 Lost direction in the darkness
 Couldn't stop myself from running , run-
 ning
 I could feel the sun on my back
 I was afraid to let the light in
 Now I can't turn away
 Now I see this gift you bring me
 Can you feel winds of change
 Is this something to believe in ?

—
 I will carry you in my heart
 I will hold you in my memory
 Your may be a million miles away
 But when I call you will hear , me

By Debbie Peterson-Botting of
 The Bangles
 Submitted by Frank Miseyka

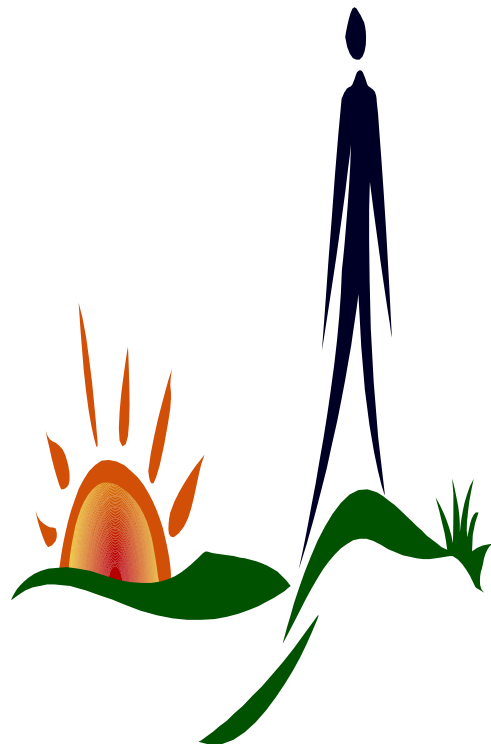


MIND OUT OF CONTROL BY

Wyatt McCauley

Through the mindless mind
 races going through chaos
 not knowing what to do
 running out of space not
 thinking clearly not in right
 frame of mind.

How much can one take
 pursuing all wrong obstacles
 Please lead me out of the
 darkness and into the light
 Breathe air into these dying
 lungs and resurrect me
 back into life, freedom
 And a way of thinking



What Is Depression? Reprinted from

WebMD

By learning about depression, you've made an important first step toward getting help. A lot of people have a hard time accepting that they may have depression. They feel ashamed. But depression is not something you brought on yourself. It's a disease – just like heart disease or diabetes. Depression can affect anyone. In the U.S., almost 15 million adults – young and old, men and women – have depression right now. Almost 2/3 of them never get appropriate help. That's tragic. Depression is a serious illness, but it's a treatable one. If you think you may have depression, don't struggle through on your own. Tell your doctor or a therapist. With the right treatment, you can beat depression and feel as good as you did before.

Why Seek Help

Wondering why you might have depression? Nobody knows for sure what causes depression, but we do know that there doesn't have to be a "reason" to feel depressed. A mix of things can increase the risk, like stress, genetics, hormonal changes, and gender. Experiencing a setback or tragedy can trigger depression too. Whatever the causes, clinical depression is a serious condition. It can take an enormous toll on your life. Without treatment, people may struggle for months or years feeling down or outright miserable. Their families and careers suffer as well. That doesn't have to happen. With help, you can beat depression. But the longer you put off treatment, the harder it can be to get under control.

Treatment Options

If you do need treatment, the good news is that we now have a lot of effective, proven ways to relieve depression. For most people, the first treatments that a doctor will try are antidepressants or psychotherapy. Some studies have found that adding therapy to medicine works better than medicine on its own. Lifestyle changes can help boost your mood and help depression treatment work better. Managing stress, getting enough sleep, and exercising have all been shown to help. You can talk to your doctor about the possibilities. The important thing is that there

are a lot of options out there. If you are suffering from depression, your doctor or a therapist can help you find the right treatment.

Medications

Antidepressants are some of the best treatments we have for depression. They seem to work by making nerve cells form stronger and healthier connections in parts of the brain.

Some of the most common drugs for depression are called SSRIs, like Celexa, Lexapro, Paxil, Prozac and Zoloft. Doctors usually try one of these first. If it doesn't work, your doctor might try another type of medicine or a combination of different medicines. There are many options with different benefits and side effects.

Unfortunately, doctors can't yet predict how well a given medicine will work in a person. Finding the right drug, at the right dose, can take some time and trial and error.

Unlike a pain reliever or a sleeping pill, antidepressants can take weeks or months to take effect. As long as you stick with treatment, you and your doctor will find something that works.

Counseling and Psychotherapy

Therapy is a key part of depression treatment. While it might not work as quickly as medication alone, some studies show it has more lasting benefits.

The idea of opening up to a stranger might seem hard. Just remember: Therapy is a medically proven treatment. It's helped countless people get over depression. Licensed therapists must keep your conversations confidential, too.

There are different types of therapy. Cognitive behavioral therapy (CBT) helps you see how your own thought patterns can contribute to your depression and teaches you practical ways to change them. Other approaches focus more on your relationships or dealing with issues from your past.

Therapy can be done one-on-one, with your spouse or family, or in a group. It's important to take an active role, because you have a lot of control over how well therapy works.

Common Concerns About Medications

You might have worries about trying treatment for depression.

Antidepressants will change my personality. Depression can be like a

fog that hides the real you. Antidepressants don't change your personality, but they can help to restore your true personality, unclouded by the effects of depression.

I'm worried about side effects. Antidepressants may cause side effects, but not everyone experiences them. If you do, many times they will fade with time. If they don't, your doctor can change your medicine or dosage or suggest other ways to manage side effects.

I don't want to be in treatment forever. Getting help now doesn't mean you're signing up for lifelong treatment. Many people just need medicine or therapy for a short period to get through their depression. Others may need treatment that lasts longer and helps prevent depression from coming back.

Natural" Treatments for Depression

You might wonder about "natural" remedies for depression, like herbs and supplements. Do they work?

So far, the evidence is unclear. There's some evidence that supplements like fish oil, folic acid, and SAMe might have some benefit. Studies of other supplements -- like St. John's wort and valerian -- have been mixed.

Before you take anything, talk to a doctor about the pros and cons. Keep in mind that supplements -- like any drug -- have side effects. Just because they're "natural" doesn't make them risk-free. And if they aren't backed by scientific studies, they run the risk of not helping to treat your illness. Some can interact with medicines your doctor may prescribe, too. It's best to talk to your doctor if you have symptoms of depression. The risks of depression are just too serious.

How to Get Started

Right now, the prospect of getting help -- finding the right doctor and therapist -- may seem like more than you can handle.

But take a first step. See your family doctor and ask for a recommendation. While many GPs will prescribe antidepressants, it's best to work with an expert, like a psychiatrist. They have more experience with depression medicines and with psychotherapy.

You may also want to find a therapist like a psychologist, social worker, or counselor. You can get names from your insurance company and ask friends or family for recommendations. The American Psychological Association and the American Psychiatric Association have online locators. Call a therapist to learn a little about her approach before you meet.

The sooner you get treatment, the sooner you'll feel better.

What You Can Do

Depression is too serious to cope with on your own. You need medical treatment. But there are some things you can do to manage stress and help you feel better while you start treatment.

Learn new ways of taking care of yourself. Getting the right amount of sleep is important. While there's no "depression diet," making good food choices can help. Aim to exercise at least a few times a week. Studies show that regular physical activity -- even walking -- can boost mood, build stamina, and raise self-esteem.

Getting on a daily schedule and setting modest goals will ease you back into the rhythm of your life. Learning ways to relax -- with yoga, meditation, or breathing exercises -- will help, too.

Talking About Depression

When you have depression, you may turn inward and pull away from family and friends. But it's important to stay connected. You need your loved ones right now -- not only for support, but to get your mind off your troubles. Breaking out of your isolation is essential to getting better.

Choose a few trusted family members and friends and tell them how you're feeling. Give them some information about depression that will help them understand what depression is and how it's treated.

What if some people don't believe you? They might feel you should just "snap out of it." They're wrong. Don't let them undermine you or keep you from getting the treatment you need.

When to Call the Doctor

If you think you might be depressed, don't try to tough it out. Make an appointment with a doctor or therapist. It's especially urgent if your symptoms are getting worse, or if it's getting hard to function day-to-day. If you are thinking about hurting yourself, get help immediately. Call your doctor or an emergency hotline or go to the ER right away. At its worst, depression can make things seem so black and overwhelming that you can't imagine they will ever get better.

But depression warps your sense of reality, making things seem much worse than they are. The thoughts that make someone consider suicide aren't a sign of clear thinking. They're a symptom of depression. With treatment, those feelings will go away. You will feel better again.

Continued on Page -6-

Poetry Corner

Rusty The Tekel
By
John R. Heckert

Jesus, the Christ Child, was born in a stable in an inn in Bethlehem of Judea. First shepherds came to worship the baby Jesus.

A typical gift might be a lamb from a flock, or a wool blanket, or a simple musical instrument.

Later, some VIPs from the east brought gifts of gold, frankincense, and myrrh, an embalming paste.

But one gift was very special—a small Egyptian Tekel male dog. Rusty the Tekel said; “Every boy should have a dog.” So the little dog gave himself to the Christ Child.

And guess what gift came to be most loved and most appreciated by little Jesus?

The holy family had to flee to Egypt. Of course Jesus’ pet, Rusty went with them. And when Mary and Joseph took Jesus back to Palestine, young Jesus let his cousin John play with Rusty.

Jesus would throw a stick for Rusty to fetch. Rusty would kill mice. Once he killed a snake that tried to bite Jesus.

Rusty singled out Jesus as his one favorite human, but Jesus’ four younger brothers and two younger sisters also grew to love Rusty. When Jesus was 12 years old, Mary and Joseph took him up to Jerusalem to worship.

When they were part way home they could not find Jesus. Finally, Rusty came and led them to Jesus, having a discussion with the priests in the temple.

Jesus was obedient to his parents. He was physically fit, and wise. He even learned things from dogs: how puppies were allowed to go under the table, and eat of the children’s crumbs. Jesus learned the meaning of the saying, “Faithful as a dog”.

Jesus’ foster father Joseph died. Jesus was now the head of his family and his business. Mother Mary lived to see Christ crucified and resurrected.

Jesus was the senior partner over four younger brothers, James, Joseph, Jr., Jude, and Simon.

Rusty the Tekel was well fed and lovingly cared for, so he lived to be 17 years old: Jesus’ present, who gave himself to the Christ Child.

Jesus Christ died on the cross to redeem the whole material creation, even little dogs.

Romans 8:21—“Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God.”



Your Next Steps

Getting accurate information about depression and how to get help can help your recovery be more successful.

More Useful Information

[Major Depression: What Are the Symptoms?](#)

[Why Aren't You Treating Your Depression?](#)

[Treating Depression: What Are Your Options?](#)

[Antidepressants 101: What You Need to Know](#)

[The Sleep-Depression Connection](#)

[9 Painful Symptoms of Depression](#)

[10 Benefits From Treating Depression](#)

[Finding the Right Doctor to Treat You](#)

Reprinted from WEBMD

Questions and Answers

By

Jack Ferguson

1. Q. Who were the original choices to play the Humphrey Bogart and Ingrid Bergman roles in the movie "Casablanca"?

2.Q. What was the first movie to win the big five Oscar awards (Best Picture, Best Actor, Best Actress, Best Director, Best Screenplay)?

3.Q. What was Cary Grant's real Name?

4.Q. How many Academy Awards for Best Actor were won by distinguished British actors Richard Burton, Richard Harris, Albert Finney, and Peter O'Toole?

5.Q. When Sir Arthur Conan Doyle created the character of Sherlock Holmes, what was his original choice for Holmes' first name?

6.Q. In which story does Sherlock Holmes apparently die at the hands of his nemesis Professor Moriarty?

7.Q. In which story is it revealed that Sherlock Holmes was not killed by Moriarty, but only went into hiding to escape from Moriarty's henchmen, until it was safe to return to London?

8.Q. What is unique about the name of world-famous mystery author Ellery Queen?

9.Q. What is special about the Ellery Queen novel "A Study In Terror"?

10.Q. What novel did Agatha Christie consider the poorest of her own work?

11.Q. "Curtain" was the last novel Agatha Christie wrote about her celebrated detective Hercule Poirot. What other unique feature is present in this book?

12.Q. The Old Man in the corner was the first of what special type of fictional detective?

What was the largest point differential ever in an NFL game?

13. Q. What quarterback threw for the most ever passing yards in an NFL game?

14. Q. What defensive back holds the record for most interceptions in an NFL season?

15. Q. Why does James Bond consider it so superior to have a martini "shaken, not stirred"?

16. Q. In the television series "Gilligans Island" why does Gilligan have no first name?

17. Q. For that matter, why don't the skipper or the professor have any names at all?

18.Q. Why do fools fall in love?

19. Q. For what purpose did the chicken actually cross the road anyway?

20. Q. Who died and left you boss?

Answers are on Page -8-

Cooking Corner



Continued on

Page -4-

Chicken a la King

Ingredients:

1/2 Cup Chicken—cooked and cubed
2 Tb Butter
2 Tb Flour
1/3 Cup Chicken stock
1/4 Cup Cream
1/3 Cup Mushrooms—sliced
1/4 Cup Green onions- sliced
2 Tb Pimentos—Optional
4 each Slices of bread, toasted
1 Onion—Minced

Instructions:

Saute' butter and flour in a saucepan over medium heat for 2 minutes. Add stock and cream and whisk together until thickened. Add chicken, onions and pimentos and cook until heated through. Serve over toast or rice.

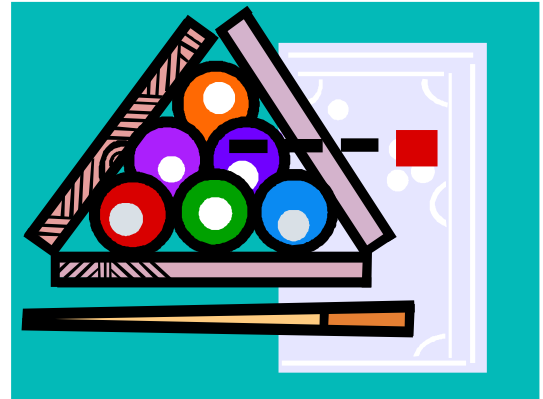
Answers to the Q & A

- 1. Ronald Reagan and Ann Sheridan**
- 2. "It Happened One Night" 1934**
- 3. Archibald leach**
- 4. None**
- 5. Sherrinford**
- 6. "The Final Problem"**
- 7. "The Adventure Of The Empty House"**
- 8. Ellery Queen is both the name of the fictional detective and the pseudonym of the two authors, cousins Manfred Lee and Frederic Dannay.**
- 9. Sherlock Holmes is pitted against Jack the Ripper.**
- 10. "The Mystery of the Blue Train".**
- 11. Poirot commits a premeditated murder.**
- 12. He was the first armchair detective, who solves crimes without ever even seeing the crime scene. He was invented by Baroness Orczy, author of the classic "The Scarlet Pimpernel".**
- 13. The Chicago Bears beat the Washington Redskins 73-0 in the 1940 NFL championship game**
- 14. Norm Van Brocklin threw for 554 yards in a game for the Los Angeles Rams in 1951.**
- 15. Dick Lane of the Rams, 14 interceptions in 1952. This was done in a 12 game season. This record has never been tied, even though 16 game seasons have been played for many years. Years later Lane played in the same defensive backfields as Dick Lebeau, Steelers defensive coordinator.**
- 16. Through 20 the answer is "How should I know".**

POOL TOURNAMENT

August 6, 2011

1. Bob Rearick
2. Tammy Gibson
3. Sean Kramer
4. John Salvatori
5. Bob Rearick, Jr.
6. Jerry McWilliams
7. Shirley Jackson
8. Jim Rump
9. Frank Wiseley
10. Frank Misyka
11. Paul Jones
12. Wyatt McCauley



Winner: Bob Rearick



POOL TOURNAMENTS

August 16, 2011

Tammy Gibson

Winner: Larry Gerstner

John Baron
Larry Gerstner
Tammy Gibson
Connie Caldwell
Shirley Bell
Bob Niedzielski
Brett Kemper

August 19, 2011

Jerry McWilliams
Tammy Gibson
Sean Kramer
Jim Rump
Paul Jones
Wyatt McCauley
Shirley Jackson
Bob Rearick

Winner: Mark Davis



Leadership Retreat

The Human Services system in Butler County needs you.

Have you ever wanted to serve on an advisory or governing board for a local human service provider, oversight entity, or advocacy organization? If you answered yes and feel you could benefit from learning more about this process please plan on attending the following event:

- What:** Leadership/Advocacy Retreat
Where: Butler County Staff Development Center, 227 West Cunningham Street
When: October 4, 2011 9-4 (lunch provided)
Who: Individuals who have been involved in the human service system within Butler County

Agenda:

- 8:30am,** Refreshments, Registration
9:00am: Welcome/introductions
9:30am: Leslie Osche, Executive Director, United Way Butler- **Board Basics**
10:45am: Panel Discussion– **We want you!!**
– Human Service entities discuss importance of consumer participation on governing/advisory boards
1:00pm: Nicole Darr, Program Manager I CAN in PA–
Maximizing Your Voice Through Board Membership
2:15 pm: Sharon Miller, **Advocacy 101**
NAMI Southwestern PA Director of Education and Community Relations–
3:45pm: **Closing Remarks**

Please RSVP to Amy Peters or Bette Peoples by September 23rd at 724-284-5114 or 724-283-1704 respectively





These pictures were taken by Brian Monahan, a Grapevine Center member, and very talented photographer. The photo on the front page is also Brian's work.



POOL TOURNAMENT

August 2011

Jerry McWilliams

Tammy Gibson

John Reed

Jim Rump

Bob Rearick

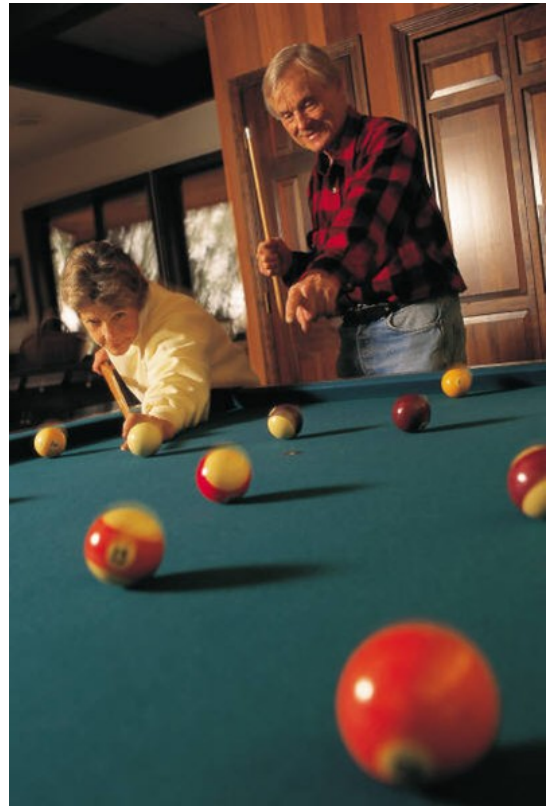
Kevin Willacy

John Salvatori

Wyatt McCauley

Nancy Reeder

Brett Kemper



Winner:
Brett Kemper



Welfare's stigma is difficult to overcome

Published: Sunday, August 07, 2011, 10:48 AM



By [Patriot-News Op-Ed](#) The Patriot-News

By Lynn Keltz

One of the biggest problems for people who must rely on support and services available through the Pennsylvania Department of Public Welfare funding is attitude.

The stigma of individuals who live in poverty and of people who are in mental health programs or substance abuse recovery or people who look or act “different” make it easier for people in power to convince the public and even the state Legislature that waste, fraud and abuse must exist in the DPW.

The DPW is the only department in Pennsylvania government that has been publicly targeted for investigation of waste, fraud and abuse.

It seems reasonable that unscrupulous practices also could occur in other state departments, so it is curious that only the DPW is being examined.

I suspect that the phrase “waste, fraud and abuse” was used to get public sympathy for budget cuts. Politicians seem to rely on age-old prejudices and stereotypes about the people needing public benefits to gain acceptance for DPW budget cuts.

This manipulation of people’s attitudes also helped achieve passage of the new welfare code law, Act 22.

The act takes away legislative oversight of this department for one year. It allows the secretary of public welfare to implement changes desired by the administration without transparent and participatory processes that have been established through many years.

Other state departments have not been given broad powers to make policy without regulation. Other departments are not subject to the same stigmas that surround the DPW and the people using its services and supports.

Cost savings might be achieved throughout state government by closely examining business practices and contract accountability. It is easier, however, to do this where the public will buy into stereotypes and where people hurt by cuts won’t be helped by sophisticated lobbying firms.

Accusations of waste, fraud and abuse against only the poor and vulnerable imply that policymakers assume dishonesty in all people living in poverty, that all DPW program staff are incompetent and that there are thousands of people successfully pretending to have symptoms of mental illness or to have intellectual disabilities or physical disability needs so they can get services.

There might be errors made in DPW eligibility determinations for people participating in some programs. Providers of services might make billing mistakes. There might even be a few providers and individuals who intentionally commit fraud, and certainly this should be ferreted out.

CONTINUED ON NEXT PAGE

CONTINUED FROM PAGE-14-

It is doubtful, however, that this kind of activity will add up to the predicted millions of dollars expected to shave the size of the department's budget.

There is a definite contrast between the governor's creation of the Transportation Funding Advisory Committee to create a comprehensive, strategic proposal for addressing transportation funding needs versus the assignment of a fraud investigator to cut costs in the department addressing the needs of Pennsylvania's most vulnerable residents.

It would be proactive and productive to create a similar commission, made up of users of services and other stakeholders, to study and develop creative ways to assure that children and adults living in poverty and people with a broad spectrum of disabilities receive the services and support needed to help them move ahead.

Most of us can accept that highways, bridges and public transportation need to be safe and well-maintained.

Many forget that real people need county, state and federal government funds to help them move ahead and sometimes to keep them safe.

It is the job of advocates to unite around the tough issues confronting governments and the people who rely on them.

We must examine and understand the rhetoric to demonstrate to our communities, policymakers and lawmakers that real people living next door, who vote and pay taxes, are truly and honestly in need of services and support.

We must work to eliminate stigma and to correct stereotypes about mental illness and about people who fall into poverty as they experience difficult times.

We appeal to our communities and to our policymakers to recognize when they are being influenced by negative attitudes and when they must step back from those oversimplified perceptions of the world to better understand the needs of Pennsylvania residents.

Lynn Keltz is executive director of the Pennsylvania Mental Health Consumers Association.
