



Heard It through The Grapevine

November 2010

Published By Consumers

The Vision of The
Grapevine Center,
Inc.

Blending good
people with better
choice for the best
recovery

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Torrance Trip

Grapevine Center will be doing a Thanksgiving dinner for the consumers at the Torrance State Hospital on 11/14/2010. Actually, we will be providing the salad, potatoes, bread and deserts for a Thanksgiving dinner, while they will provide the turkeys, and stuffing. All donations of salad, bread and deserts will be gratefully welcomed. Also, anyone who would like to help out with the dinner preparations and serving is welcome to come along on the trip. You just need to fill out a trip ticket and submit it to Barb Cress, and be ready to leave at 8:00 AM on the 14th of November. Grapevine Center will be closed until after the return of this trip, which will be about 4:00 PM.

Upcoming Events

Nov. 12, Western CSP 9 AM
Nov. 12, Succop Theater 7 PM
Nov.14, Torrance Trip 8 AM
Nov. 15, Grapevine Board Mtg. 5:30
PM
Nov.16, Proactive Attitude-St. Peter's
Social Hall 9 AM
Nov.16, CSP Meeting 12:00 PM -2
PM
Nov. 17, Pool Tournament 2 PM
Nov. 19, SW Stakeholder Meeting
Nov. 21, Amy Stickle Meal 1:30 PM
Nov 21, Slippery Rock Students-
Crafts 2PM-4PM

Nov. 22, Pool Tournament 2 PM
Nov. 23, Crafts 2 PM
Nov. 24, Birthday Bingo 2 PM
Nov. 25, Thanksgiving—Center opens
at 3 PM
Nov. 26, Community Meeting 2 PM
Nov. 27, Talent Show 2 PM
Nov. 28, Wyatt McCauley Meal 1:30
PM

Employee News

Amy Moody is a new employee who began working for C.F.S.T. on 09/25/2010. Amy likes to hunt and fish, spending time with friends and family, and spending time with her Yorkshire Terrier, named Jasmine. Amy is a supporter of the Penguins and NASCAR and has attended several races. She is a member of AA and sponsors many individuals, as well as taking Meetings into the jail for the inmates.

David Rehm started the second week in October. He is a part-time AmeriCorps employee and was hired as a driver, but does a little of everything, including doing paperwork, making coffee, and cleaning up sometimes. David lives in a house in Butler and likes to eat out a lot. David is involved with Big Brothers/Big Sisters and likes to volunteer a good deal. He is also involved as a volunteer with St. Vincent DePaul and with his church. David likes all sports and avidly follows the Penguins and Steelers.



Poetry Corner

Making Pappy Happy

By
John R. Heckert

It is my opinion that we should send personal letters sometimes to friends and relatives, instead of always relying on e-mail. A handwritten letter gives a much more personal touch.

“You should write a letter to Pappy”; Mother would say,
“Pappy would love to get mail from you.”

I would always call my grandfather, Pappy. No one knew quite why until I was given old family photographs after my grandparents passed away. I found a picture of my grandfather's father labeled “Grandpappy, 1941”, by my grandmother. Evidently, my grandfather told me that he was my Pappy.

My weak spot in grade school was learning to print and then to write legibly. It took many years for my writing to improve.

Pappy would point out to me that my handwriting was graded. He said that somethings would always be graded, like meat or eggs.

Pappy originally came from Scotland. He had beautiful penmanship, but I had trouble understanding it because it was an old fashioned way of writing. So Pappy printed his letters so that I could understand them better.

There was one special, personal touch to Pappy's letters. Pappy spent most of his life in Canada. His letters to me had Canadian postage stamps on them. At Christmas time Pappy would send me a Canadian two dollar bill to spend in Canada when we went up to visit my grandparents in the summer.

People like to get crayoned pictures from children. One time Pappy drew me on a flying carpet holding a parasol. Pappy had just shot me down with a bow and arrow. Up in the sky was a picture of the moon with a face. “He just prizes that picture”, mother would say to me. You could not get that from an e-mail. Letters to friends and relations can contain photographs. An old saying goes; “A picture says a thousand words”.

Not everyone has a computer and not everyone is computer literate. Some people are only able to communicate by mail. Even so, it is nice to have a personal touch that you just can't get by e-mail. Some personal letters are kept and cherished for a lifetime. Like a letter about family history from Pappy. Not so e-mail.

Entanglement

By
Wyatt McCauley

My mind is going down
Don't know what to do
My heart is entangled like
a web of emotions, so out of
control. Love is gone, no
one to help me put the
pieces together again.
Am so lost in a river of sadness.

Who to trust.
People who have hurt me.
I will never be the same.
The entanglement is so
painful hope is running
out. So confused on who I
need to be. So much anger inside me.
Release the beast and confine me.
So much entanglement.



Poetry Corner Continued

"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 think-
ing "Why is she there?", I knew then God 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.



Fingers Of Time

By
Shirley Jackson

Tree tops sit straight upward
Appear touching the space of time
Beneath the sky

The lovely colors of space above
Above the tips of foliage
Fingers of green
Embodies the whole universe
With its crystal transient hues
Of film colors white, gray,
And blues

Radiant lights of suns rays
Penetrates through time and space
Above and below in between

As fingers of the tree tops under
Space and time.
Reach upward. So us all will view such
focus in science's nature of life's kind.



Staying Well When You Have A Mental Illness

When you have a mental illness, you may not realize how important your overall health is to your recovery. Having poor overall health can get in the way and make recovery harder. Finding ways to take care of your health can aid your recovery and help you feel better overall. Here are some things you can do:

Advocate for yourself. You deserve good health care. All too often, people with mental illnesses develop other health conditions, such as heart disease and diabetes, because their health is overlooked. If your doctor is not asking about your overall health, let him know that it's important to you and essential to your recovery.

Get the care you need. Get routine check-ups and visit your doctor when you're not feeling well. It may be due to your medicine or a symptom of your mental illness. But it could also be a different health problem.

Manage stress. Everyone has stress. It is a normal part of life. You can feel stress in your body when you have too much to do or when you haven't slept well. You can also feel stress when you worry about your job, money, relationships, or a friend or family member who is ill or in crisis. Stress can make you feel run down. It can also cause your mind to race and make it hard to focus on the things you need to do. If you have a mental illness, lots of stress can make you feel worse and make it harder to function. If you are feeling stressed, there are steps you can take to feel better.

- 1) Slow down and take one thing at a time. If you feel like you have too much to do, make a list and work on it one task at a time.
- 2) Know your limits. Let others know them too. If you're overwhelmed at home or work, or with friends, learn how to say no. It may be hard at first, so practice saying no with the people you trust most.
- 3) Practice stress reduction techniques. There are a lot of things you can do to make your life more peaceful and calm. Do something you enjoy, exercise, connect with others or meditate.
- 4) Know your triggers. What causes stress in your life? If you know where stress is coming from, you will be able to

Manage it better.

5. Talk to someone. You don't have to deal with stress on your own. Talking to a trusted friend, family member, support group or counselor can make you feel better. They also may help you figure out how to better manage stress in your life.

Plan your sleep schedule. Sleep can affect your mood and your body and is important to your recovery. Not getting the right amount of sleep can make day-to-day functioning and recovery harder. For tips on how to sleep better, contact the National Sleep Foundation at 202-347-3471 or visit www.sleepfoundation.org.

Watch what you eat. Sometimes, medicine can cause you to gain weight. Other times, eating unhealthy foods can cause weight gain. Foods high in calories and saturated or bad fats can raise your blood pressure and cholesterol. This can increase your chances of gaining weight and having other health problems, like heart disease and diabetes. Here are some short cuts

you can take to healthy eating:

- 1) If fresh vegetables are too costly, buy frozen ones. They can cost less and last a long time in your freezer.
- 2) If you eat at fast food restaurants, many now offer healthy foods such as salads or grilled chicken. talk to your doctor to learn more about how to have a healthy diet.

Exercise. Along with a healthy diet, exercise can improve your health and well-being. Exercising regularly can increase your self-esteem and confidence; reduce your feelings of stress, anxiety and depression; improve your sleep and help you maintain a healthy weight.

Find a type of exercise that you enjoy and talk to your doctor. You might enjoy walking, jogging or even dancing. You don't have to go to a gym or spend money to exercise. Here are some things you can start doing

now to get active:

- 1) Check out your local community center for free, fun activities.
- 2) Take a short walk around the block with family, friends, or coworkers.
- 3) Take the stairs instead of the elevator. Make sure the stairs are well lit.
- 4) Turn on some music and dance.

Do something you enjoy. During the week, find time-30 minutes, a couple of hours or whatever you can fit in to do something you enjoy. Read a book or magazine, go for a walk or spend time with friends. Taking time for yourself to have fun and laugh can help you relax, ease stress and improve the way you feel.

CONTINUED ON PAGE -6-

Connect with others. Spending time with positive, loving people you care about and trust can ease stress, help your mood and improve the way you feel overall. They may be family members, close friends, members of a support group or a counselor at the local drop-in-center. Many communities even have warm lines you can call to talk to someone.



Book Review by Jack Ferguson of [The Lives They Left Behind: Suitcases From A State Hospital Attic](#), By Darby Penney and Peter Stastny.

This book was derived from the contents of suitcases found in an attic of the Willard State Hospital in New York. These suitcases contained the worldly possessions of former “inmates”, left behind when the institution closed. The authors were also able to access the medical records of some of these “inmates” and the notes of their psychiatrists.

This is one of the most poignant, heartrending books that I have ever read. It details the lives of 10 “inmates” who were admitted there. They spent the remainder of their lives there and died there. They had little or no hope of ever being released, even though many were admitted on very questionable grounds.

Large institutions like Willard were self-sustaining, requiring large inmate populations to supply free labor. If an inmate had special talents that made him valuable to Willard, this would make it even more likely that he would never be discharged.

I’m now quoting the authors: “The suitcase owners’ responses to decades of hospitalization ranged from resignation to resistance, from despair to the hope that they might someday be released. In the medical records, one finds no indication that any of them thought their confinement was warranted or that they benefitted from being there. Some seemed resigned to their fate and others tried to make the best of their situations. Some simply shut down, retreating into an inner world of their own.”

Therapeutic treatments at large institutions like Willard were of doubtful value and sometimes harmful. Hydrotherapy (immersion in very cold water for long periods of time) and insulin coma treatments were barbaric. Electroshock treatments were given to large numbers patients in an assembly line fashion, referred to in Willard as the “blitz”. When Thorazine was introduced in the mid-1950s, inmates were heavily medicated into a “kind of quiet hopelessness.”

According to the authors, the attitudes and prejudices of the psychiatrists greatly contributed to the problem. Quoting again; “The psychiatric diagnostic categories served mainly to pitch people into a few pigeonholes that help psychiatrists talk about them among themselves. These diagnostic categories, then or now, do not provide a basis for successful treatment and recovery. If someone had taken the time and effort to piece together these people’s stories during their lifetimes, a deeper understanding of their life circumstances might have led to a successful resumption of the lives they led before being institutionalized.

As examples of the sad fate of the inmates, I’ll briefly mention two of them.

Lawrence Marek was admitted to the hospital in 1916. He had some problems with alcohol, and difficulties in communicating because of his foreign accent. Even after showing great improvement, his requests for release were never granted. After 20 years of being there, he became the resident patient gravedigger. He was in complete charge of the patient cemetery.

A psychiatrist wrote in his notes; “This patient shows no psychopathology what-so-ever.”

Continued on Page -8-

Dear Betty



BUSINESS NAME

Phone: 555-555-5555
 Fax: 555-555-5555
 E-mail: someone@example.com

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

Question: I would like to become a volunteer, what would my duties consist of?

Reply: You would answer phones, welcome peers, check peers in, cleaning inside and outside, filing when needed, vacuuming carpets, helping staff, cooking and helping with parties.

Question:

Reply:

We're on the Web;
grapevinecenter.org

Mary Lou's Corner

Deviled Eggs

Ingredients

- 6 large Hardboiled eggs
- 1/2 tsp prepared mustard
- 1/3 cup mayonnaise
- 2 Tbsp finely crumbled bacon
- 1 Tbsp finely minced onion
- 2 Tbsp finely diced celery
- Stuffed olives, sliced for garnish
- Paprika for sprinkling
- 1 Tbsp finely diced sweet pickle
- 4 saltine cracker squares, crushed
- Salt and Pepper

Peel eggs, slice in half lengthwise & remove yolks. In a small bowl, mash egg yolks until smooth, add crushed crackers, onion, celery and bacon, mix well. Stir in mayonnaise & mustard until well mixed. If mixture is too dry, add mayonnaise or a small amount of cream. Season with salt & pepper. Spoon egg yolk mixture into egg white halves. Press olive slice onto top of egg & sprinkle with paprika.



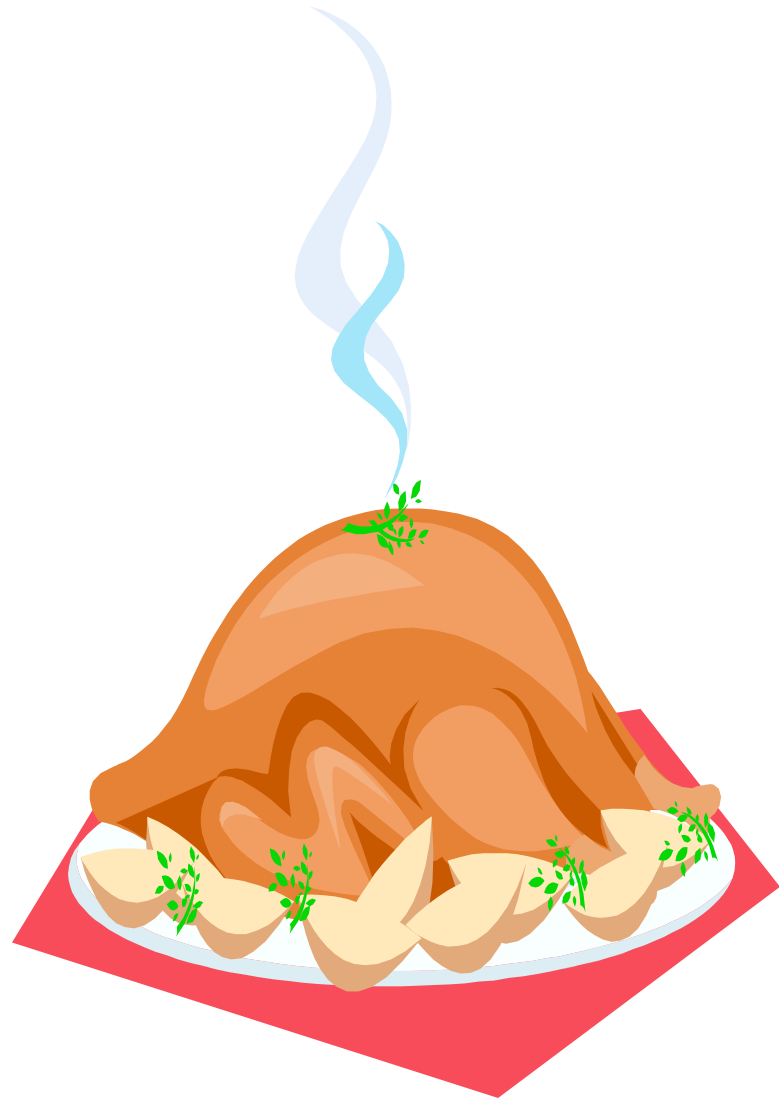
Quoting the authors, "There was no valid reason to keep him in a mental institution for two-thirds of his life. It is ironic that his work, the one thing that gave him a sense of purpose during his years as a patient, was probably the main reason he remained at Willard for 50 years."

Margaret Dunleavy was a nurse admitted in 1941. She had suffered head injuries at work, and later spent five years in a Tuberculosis Sanitarium. Because of deteriorating health, she lost her nursing job and her place at the nursing residence. Becoming homeless, she was admitted to Willard without any previous psychiatric history. Her admission papers stated that she required involuntary hospitalization because, "she annoys people and accuses people of talking about her." Once placed on a locked ward her mental state quickly deteriorated. She lived at Willard for 32 years until she died.

The authors question how much progress has really been made since a majority of state mental institutions closed down. Quoting again; "For many, a first hospitalization is the beginning of a lifelong career as a mental patient."

Trans-institutionalization has resulted in problems with poorly run personal care homes and boarding homes, some of which can further damage to vulnerable patients. Psychotropic medications with disabling side effects are a major problem, the authors conclude. Cycling in and out of hospital psych wards is also a serious problem. The National Council On Disability commented that "people with psychiatric disabilities are systematically and routinely deprived of their rights, and treated as less than full citizens of full human beings."

The authors finish on an optimistic note, declaring that peer support organizations provide a superior structure for real improvement. "Peer support offers an alternative worldview of hope and self-determination for people whose personal struggles and emotional distress have been labeled as pathologies."



EARTH PRAYER
By
Mark Nepo

O Endless Creator, Force of Life,
Seat of the Unconscious, Dharma,
Atman, RA, Qalb, Dear Center of
our Love, Christlight, Yahweh, Al-
lah, Mawu, Mother of the Uni-
verse...

Let us when swimming with the
stream, become the stream...
Let us, when moving with the music,
become the music...
Let us, when rocking the wounded,
become the suffering...
Let us live deep enough till there is
only one direction...
And slow enough till there is only
the beginning of time...
And loud enough in our hearts till
there is no need to speak...
Let us live for the grace beneath all
we want, let us see it in everything
and everyone, till we admit to the
mystery that when I look deep
enough into you, I find me, and
when you dare to hear my fear in
the recess of your heart, you recog-
nize it as your secret which you
thought no one else knew...
O let us embrace that unexpected
moment of unity as the atom of
God...
Let us have the courage to hold
each other when we break and
worship what unfolds...
O nameless spirit that is not done
with us, let us love without a net
beyond the fear of death until the
speck of peace we guard so well
becomes the world...

Pool Tournament Results

October 4th, 2010

- Sean K. _____Sean K.
- Adam B. _____Sean K.
- Frank W. _____Shirley J.
- Shirley J. _____Shirley J.
- Glenn T. _____Glenn T.
- Wendy M. _____Glenn T. **Winner —Glenn T.**
- Jerry Mc. _____Jerry Mc
- Kayla Mc. _____
- Robert R. _____Robert R.
- Ken F. _____Anita Mc.
- Archie E. _____Anita Mc.
- Anita Mc. _____Jim R.
- Tammy G. _____Jim R.
- Jim R. _____





POOL TOURNAMENT

October 13th, 2010

Archie E.

-----Archie

Derrick

Kayla Mc.

-----Kayla Mc.

Adam B.

-----Winner : Kayla Mc.

Sean K.

-----Joe M.

Joe M.

Shirley J.

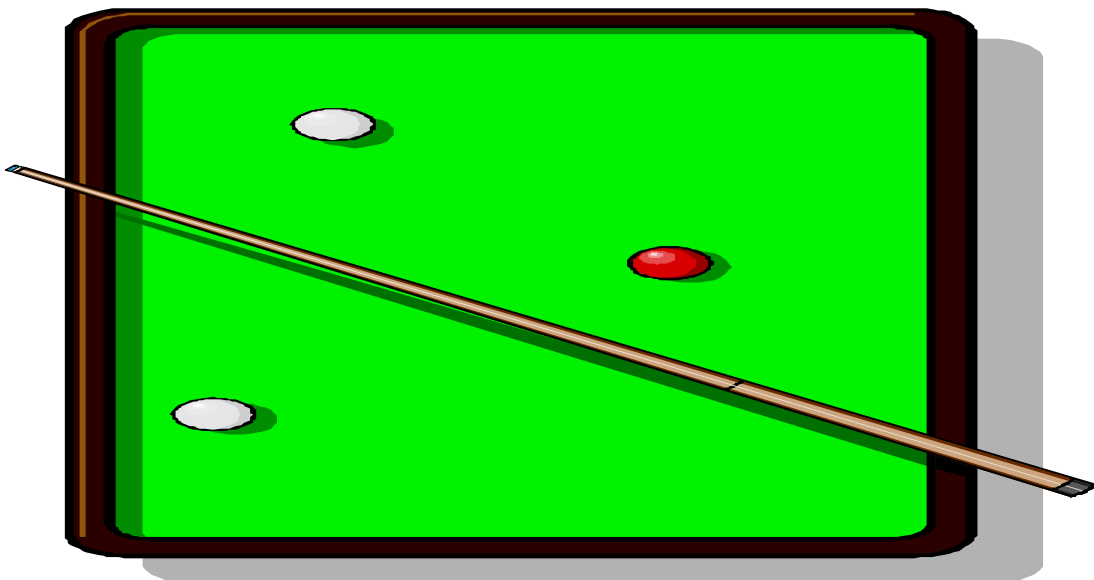
-----Tammy G.

Tammy G.

Anita Mc.

-----Anita Mc.

Jim R.



Pictures from the National Alliance On Mental Illness (N.A.M.I.) Walk



Pool Tournament Results

October 28th, 2010

Shirley J.

—————Joe M.

Joe M.

Joe M.

John S.

—————John S.

Nancy R..

—————Winner Joe Miller

Jim R..

—————Jim R..

Kayla M.

John R.

—————Rick T.

Rick T.

Becky B.

—————Anita Mc.

Anita M.

Tammy G.

—————Tammy G.

Brett H.

Adam B.

—————Glenn T.

Glenn T.

Jerry M.

—————Jerry M.

Frank W.

