

CORNUCOPIA

**A place to lead A place to learn
A place to believe in ourselves**



February 2008, Vol.12, No. 2

The United States House Committee on Education & Workforce Studies SSRI's

Comments by Donna Holzem on a series of articles about this topic

There are problems with overprescribing and giving samples without proper diagnosis. SSRIs Prozac, Luvox, Zoloft, and Paxil have a definite relation between school violence and kids taking these drugs.

23,000 or 75% of gun deaths each year are suicide related, and people want to point at firearms, when depression and how we treat it is the actual cause of the majority of firearm violence in this country. Most patients diagnosed with depression are going to be prescribed these antidepressants and it's not overdosing that is the problem, it's abruptly stopping the medication. When an unmonitored patient abruptly stops the medication, the suicidal and psychotic emotions arise. The biggest feeling is that lack of conscience, or an "I don't care" attitude and they can do anything they want to anyone they want.

Twenty five reports of violent acts of aggression associated with SSRIs. Most were kept out of the news. When one of these events happens, people like our president point at guns, gun owners and gun companies for being responsible. Why do they point at the tool and not the person using the tool?

Automobiles kill more people than guns, but you don't hear anyone calling for a ban on cars. If there is any logic (and I don't see it) to suing gun companies, then there is definitely logic in going after these
(continued on p. 5, see "ssris")

Major funding provided by:



United Way
of Dane County



Grassroots
Empowerment
Project

Phone 608-257-7489

How to prevent weight gain while taking antipsychotic medications

*Miranda Chaqkos, MD
New York City Voices*

Column: Ask the Doctor

Question: I had my first psychotic break during 2004 and was hospitalized in December of that year. At that time I was diagnosed with late onset paranoid schizophrenia as I was a female in my mid forties. I was prescribed neuroleptics: first I was on Risperdal, but could not tolerate it well because it elevated my prolactin level. I then switched to Zyprexa for about a year and three months, and finally switched to Abilify. What was the problem?

I was doing very well on Zyprexa, but I gained fifty pounds on that medication. So I switched to Abilify. I had the same problem. I gained another 35 pounds. I am under the care of a nutritionist and have been on a special diet for months with no positive results. While I am on antipsychotic medication, I cannot control my weight. I gained a total of 86 lbs in one and a half years. My psychiatrist is considering switching me to Geodon, but I am afraid it will have the same results. Of course, going off the medications would leave me psychotic, not an alternative. I am not allowed to take appetite suppressants like Sibutramine for example, because it interferes with the brain's chemistry and the neuroleptic. I am at a complete loss as to what to do. Also, I am worried about getting Type 2 diabetes. I need a second opinion, please.

Answer: Awareness about the metabolic side effects associated with some antipsychotic medications and mood stabilizers which include weight gain, diabetes, and hypercholesterolemia is increasing. Obesity can lead to many other medical problems such as hypertension, diabetes, and high cholesterol. Recent studies show that people with severe mental illness die up to 30 years earlier, on average, than members of the general population. A leading cause of death is heart
(continued on p. 5, see "weight gain")

E-mail copia@sbcglobal.net

First New Type of Schizophrenia Drug in over 50 years

*How new medicine can help you
William R. Jiang, MLS
New York City Voices*

The CATIE trials, which became quite famous because of their inclusion in the New York Times, indicated that there hasn't been a totally brand new mechanism of action in the world of medications for schizophrenia since the 1950s when the first antipsychotic chlorpromazine was introduced. A new drug by Eli Lilly that is in clinical trials may be the first anti psychotic with a novel mechanism of action since chlorpromazine was introduced.

The investigational drug is called LY2140023. And, here is the big news: LY2140023 affects a neurotransmitter called glutamate. It is the first of a brand-new class of drugs called mGlu2/3 receptor agonists. All anti psychotics used today act on dopamine, a neurotransmitter, a message-carrying chemical in the brain. Blocking dopamine causes very unpleasant side-effects and many schizophrenia patients often stop taking their medications because of the unpleasant side effects. Weight gain and diabetes can both cause early death, and both side effects are caused by the dopamine-

(continued on p. 5, see "new meds")

If you are interested in showing your work at the OVERTURE Center this summer, please bring in 3-4 works by March 1st. Depending on how many artists submit work, I hope to have 1-2 of each artist's work in the show.

We will have jurists select the paintings to be in the show. We need to have the selections made by March 31st, so I can get images to the Overture Center to get them on the website by April 15th.

The show runs from June 21st through September 14th.

Thanks, Bill Kuban

www.cornucopia-arts-inc.org



Cornucopia

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MEMBERSHIP

Membership is open to past or present mental health consumers, family members, allies and supporters. Membership entitles you to participate in all activities for the current year (Jan 1- Dec 31) and entitles you to the newsletter. *Computer lessons are only open to consumers.* Participants in Cornucopia agree to help create a safe, friendly drug and alcohol free environment.

DATE: _____

Yes, I want to be a member of Cornucopia

- Enclosed please find my membership fee of \$24.00
- Enclosed please find my membership fee of \$12.00
(to be paid over two months for a total of \$24.00)

OR: I want to subscribe to your newsletter.

- Low income \$8.00
 - Regular \$12.00
- Dues and subscriptions are not deductible as Charitable Contributions for Income Tax Purposes.*

Yes, I/we support your mission and would like to make a donation to your organization. I/we wish you the best in achieving your goals of providing a place for people's creativity and self-realization.

Donations are tax-deductible.

- Friend \$25
- Donor \$50
- Sponsor \$100

Name(s) _____

Address _____

City, State, Zip _____

Phone _____

If you're new, how did you hear about us? _____

Please make checks payable to Cornucopia Inc
 Detach and mail this form to **Cornucopia Inc**
306 N Brooks St, Madison WI 53715-1002
 Cornucopia reserves the right to administrate membership.

Into February...

The new year is bringing in organization to our organization in many ways. We're working on organizing our space. We want to utilize it more efficiently. Also, Laure and I attended another grantee meeting this January for Grassroots Empowerment Project. We focused mostly on signing contracts and revising goals for 2008. The organization aspect is that each site is being asked and encouraged to develop a business plan. This will help us think through what we're about more deeply as an organization, which will help us when we write grants and help us become more professional in general. Sounds good! It'll be some work for sure, but Bill, Laure and I and two or three members of our board will take it on and an advisor from the community will all take on this task. We're excited because of all these advantages this will bring us.

Otherwise, new classes are happening. We've got massage starting (it didn't quite happen last month), dining out twice this month, Materials and Methods with Jesi, and living skills happening again this semester, with the OT students from University of Wisconsin. Massage will be February 11. Dining out will be February 5th and February 26th. Jesi is a student from Edgewood doing an internship here. She'll be using traditional media in untraditional ways. Come find out what that means. Finally, Living Skills classes will be every Tuesday 1-2 starting February 5. Check out the calendar for specifics and I've listed them below.

February is cold so fight the cabin fever and spend some time in here with us!

Karen Milstein
Executive Director

Life Skills Classes for February 2008

Tuesdays 1:00-2:00 U-W OT students

February 5: Introduction to Weight Management: focus on mental health issues and medication side effects causing weight gain and fatigue plus eating disorders.

February 12: Nutrition: Dangers of fad diets, healthy food and exercise programs, plus free on-line aids for monitoring and recording weight and exercise goals (like mypyramid.gov and 5-a-Day-the-Color-Way).

February 19: Exercise: How to lose, gain, or maintain weight through different exercise activities.

February 26: Lifestyles: Effects of lifestyles on weight.

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ACTIVITIES & NEWS BITS

Our new advanced watercolor facilitator, Calvin, has worked with watercolors since 1976. The class will be based on 5 distinct methods of watercoloring that should be second nature to a devoted watercolorist. They are wet-on-wet, wet-on-dry, dry brush, the english method and sewing-up. The class meets from Monday 1-3 pm. **The focus of February is wet-on-wet. We're trying to keep advanced watercoloring simple.** He says anything is possible and all things can be accepted in art; but without these very basic techniques, there's not a whole lot of distance to be travelled. Come one, come all. Learn and grow.

Debbie G is facilitating a beginning watercolor class on Wednesday from 1:00-3:00. This media is fun and flexible. Often there are treats! But really the watercolor is the treat, so don't be tricked. Seriously folks, come join us, we have a lot of fun.

Drawing & Painting Class/Workshop

Friday from 1pm-3pm

Come on in and draw and paint anything you like with any medium you like. Choose from water-based oils, tempera, acrylic, water-color, pastels, chalk, Prismacolor pencils...just to name a few!

Scott is ready and able to help you from start to finish.

Paul's class is Wednesday 3:00-4:30 pm a new time!! Hi everybody, I'm Paul at Cornucopia. I host an art class on Wednesday afternoons. Let's us celebrate painting and let our impulse control go! We spread joy.

CRAFTS!! *Thursdays 10:00AM to 12:00 Noon*
*This month will feature a new Craft class. Shaving cream stationary, a special Valentine's Day project, and making copper-like finishes out of paper sacks are just some of the exciting crafts we will be doing. *Karen Mordick**

Clay, clay, clay! Tuesdays!!!10:00-12:00 am
Come explore, expand ideas and relieve stress. I am here to guide you along with your projects; we do whatever folks dream up each week, so bring your dreams. Dana

Materials and Methods:

Want to experiment? Come learn how to use traditional materials in a non-traditional way. Explore. Experiment. Create. Mondays starting February 4 with Jesi 1:30-3:00.

Thursday afternoons from 2:00 to 3:00 is Beginning Drawing class. In February we will focus on Valentine kind of objects. Join me in my other class, too. Check out that class on Wednesdays. See Debbie G. for any questions.

CORNUCOPIA PEERSHIP SUPPORT GROUP

***Come and talk about your week or any issue on your mind you'd like to discuss and network about.**

***Wide range of topics welcome from eating disorders to coping with cabin fever, from family matters to dealing with being dually diagnosed with both a mental illness and a substance addiction.**

*** Receive and give support in a confidential environment of peers.**

Leather and other projects. Deb G. can help you with whatever project you want to work on. It's all available, depending on your interest. Deb even has much more available than leather projects, such as wool purses or mittens, so come check out what's happening on Thursday at 12:30 in the gallery room with everyone! Break the winter blues.

Join Us for Wednesday night

Wellness Group! Hope

to see you there!

February 6: Dual Diagnosis

February 13: Procovery

February 20: Mood Disorders

February 27: Thought Disorders

Wednesdays 6:00 to about 7:30 or 8

Karen Herro, BSN, RN



by Debbie Gehrke

Remember Dining Out night... We'll feature a new restaurant every month. February we'll meet on Tuesday, February 5th at Amy's after Cornucopia closes at 3:00. Join us for dinner. We'll also go to Chipotle on February 26th. Other months we'll go to Pizza de Roma (they've got a great eggplant pizza!), Taco Bell, whatever folks like!). Meet here and we'll walk over there. See ya' all!

NEW!!!

Massage once a month with Celia. Come get a chair massage on February 11 between 1:00-2:00 in the gallery room. All part of regular membership.

Events near & far

Tell them you saw the notice here. Let us know if a listing is incorrect. Thank you for your feedback!
CALL US TO PUT YOUR NOTICE IN OUR LISTINGS: 257-7489

Depression & Bipolar Support Alliance support.

Laura 241-5788 / Mindy 233-0303 / dbsa@email.com

Peer Support for Anorexia & Bulimia National Association for Anorexia and Associated Disorders. 402 S. Gammon Firststar Building, Mineral Pt & Gammon, 7-8:30 Tuesdays 274-7042

Overeater's Anonymous 663-8823

Eating Disorders Friends & Family Support Group

For those who have a loved one with an eating disorder
6:30-8:00pm third Thursday, Rm. 4643, St. Marys Hosp. 276-7765

Eating disorders support group

Mon 7:15-8:30 Covenant Presb. 274-5115

Interfaith Depression & Bipolar Support

Thursdays 7-9:00 pm

Christ Lutheran Church, Stoughton Gary 873-1938

Mad Town Secular Recovery

from alcohol or drugs Thur 8pm / Sun 9am
Wil-Mar Neighborhood Ctr 608-220-7045

Madison Hearing Voices Group Thursdays 2:00

Mental Health Center Rm. 14. Jenny Branks 608-446-0104 or jennybranks@hotmail.com.

Meditation 7pm Tue. UW Memorial Union Free 251-9175

Yoga in the Garden @ Olbrich Gardens \$10. bring a mat,
7:30am Thursdays & 5:30pm on Mondays

Bridges Drop-In Grief Support Wed. 9:30-11am or 6:30pm
HospiceCare Center. 276-4660

Mild Brain Injury network

Every 3rd Thurs 6:30-8pm at Meriter-Park, Madison
Community Health Education Ctr Atrium 238-3571

Rainbow Connection

Social group for LGBTQ people who have experienced
mental illness, 4-6pm 2nd/4th Thursdays. 255-8582.

Self-Management & Recovery Training

Abstain from addictive behavior

Wed 7-9:00pm Wil-Mar Center 608-238-5176 ext.365

Survivors of Suicide of Dane County Support Group
2nd and 4th Tuesday 7-9 pm 280-2700.

NAMI Dane County Support Groups

Peer led, open to all. 249-7188 www.namidaneconomy.org
United Way building, 2059 Atwood, Madison

Family Support Group Mon Feb 4 & 18 7:00-8:30

Schizophrenia Sat Feb 9 & 23 1:00

Depression/Bipolar Sun Feb 3, 10, 17 & 24 @ 6:30-8:00
and Tues 6:30-8:00 Feb 5, 12, 19 & 26

Nicotine Anonymous: 12 step program, 5:30-6:30pm Fridays
AsburyUnited Methodist Church 238-9211

Madison Metro's new 31-Day Senior/Disabled Pass! Get
around Madison all month for \$23.50 Available at Metro
headquarters, 1101 E. Washington or online at
mymetrobus.com

*If you want to attend an event but can't afford it,
call the number listed and ask about scholarships.*

New Directions Information Center Consumer-run
information center to facilitate community partnerships
and provide quality choices for those seeking
information about mental health/substance abuse
services. **280-2674**

National Suicide Prevention Lifeline

1-800-273-TALK www.SuicidePreventionLifeline.org

*Callers receive suicide prevention counseling from trained
staff at the closest certified crisis center in the network.*

MOST: Mobile Outreach to Seniors Team seeks to promote
older persons' social, emotional and physical well being thereby
enabling them to live more independent, satisfying lives in a
setting of their choice. MOST is staffed by trained, experienced
clinicians who are sensitive to the concerns of older people
(55 or older). 8am-5pm. 280-2480 Pat Anderson.

New Directions peer support for separation

or loss of relationship. Thur 7-9 St Dennis 245-0829

Hancock Center for Dance / Movement Therapy

-a unique form of psychotherapy-integrates movement
expression and verbal discussion to explore such topics as
self-worth, body, and interpersonal relationships.
www.hancockcenter.net 606-251-0908

Four Agency Cooperative Effort (FACE) offers
group therapy for Dane County residents:

Depression, fear, anger, aggression, ADD, women, men,
loss, abuse, survivors, trans-parenting, body image, addic-
tion & more. En Ingles y Espanol. 256-2358.

Job Seekers' Network

Free job search info & support **www.danejobs.com** for
9:00-11:00 Mondays free workshops and other
Dane County Job Center services at Dane County
1819 Aberg Av, Rm 6, Madison Job Center.
608-242-4886 Lynda

MANY VOICES: This is a bi-monthly publication written by
consumers. "Words of Hope for People Recovering From Trauma
& Dissociation. This publication is designed as an information
exchange for treatment providers and survivors of trauma and
dissociative disorders. Contact the editor at this email address;
LynnW@manyvoicespress.com

Poetry.com for creative writers, a variety of contests, take
the poetry knowledge test, find a mentor, win cash prizes

Helium.com a community of writers, membership is free
members are also the editors. you can have your writing
recognized, published, and even earn money. check it out.

Community car is a member based carsharing service that
provides cars by the hour for individuals & organizations. Check
it out at www.communitycar.com or 608-204-0000.

Domestic Abuse Intervention Services first group Wed. Jan.
9th 2008 for more information, use the 24 hour crisis line: (608)
251-4445, or 1-800-747-4045.

www.soulfulliving.com/cultivatinggratitude.htm.

Offers daily retreat, insights etc. Gratitude is the natural
response in the way applause follows a bravo performance.

(“weight gain”, continued from p. 1)

disease. The metabolic syndrome is diagnosed in those who meet 3 or more of the following clinical criteria: increased abdominal fat (measured by waist circumference), low serum high density lipoprotein (HDL; known as “good cholesterol”), high fasting triglycerides, hypertension and/or impaired fasting glucose or diabetes. The Clinical Antipsychotic Trials of Intervention Effectiveness (CATIE) schizophrenia trial, a large multi-center trial funded by the National Institute of Mental Health showed that 41% of patients chronically treated for schizophrenia with antipsychotic medications have the metabolic syndrome.

The first step in preventing health consequences of obesity is regular metabolic monitoring. It is now recommended by the American Psychiatric Association and the American Diabetes Association that individuals starting a new antipsychotic medication should have their weight checked when starting the medicine, and at 4 weeks, 8 weeks, and 12 weeks after starting the medication, and every 3 months thereafter. Blood pressure, fasting lipids and fasting glucose should be checked when starting the medicine, after 12 weeks, and then yearly. Of course, detection of any medical problems such as diabetes, high cholesterol or hypertension should be treated by your medical doctor to reduce your risk of developing cardiovascular disease. Your doctor may also want to rule out any medical causes of obesity such as hypothyroidism.

An increase in weight of more than 7% of your starting weight is considered significant. Geodon and Abilify are currently the two antipsychotic medications that have the most benign metabolic profile; both should be tried under your doctor’s supervision. If you have tried one of these medications and were not successful in losing weight, you should try the other as the two medications work very differently. Geodon is a traditional second generation antipsychotic medication, and Abilify is a partial dopamine antagonist. There are also two antipsychotic medications that are now in clinical trials that have a favorable metabolic profile. One is asenapine, which is a new second generation antipsychotic medication

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that does not cause weight gain and may treat negative as well as positive symptoms of schizophrenia. The other medication is bifeprunox which is a new partial dopamine antagonist and also does not cause weight gain. Since these medications are investigational, you can only try them at sites that have been approved by Human Subject Review Boards to conduct the trials.

In addition to trying “weight neutral” antipsychotics, it is important to work with a nutritionist to develop healthy eating habits and to slowly increase your level of exercise. Many people find that they eat as a means of comforting themselves and that developing a better support network may reduce the need to soothe yourself with food. Groups such as weight watchers can be helpful in gaining support from other group members who share a similar goal.

There is an obesity epidemic in America, and a lot of research is currently being conducted to help us better understand the biological basis of obesity. Genes contain the instruction for traits such as hair and eye color, body weight and how the body responds to different drugs. Through such studies, scientists may discover how gene variants contribute to a person’s risk of weight gain due to certain medications and will hopefully develop new drugs to treat obesity. 🐛



(“ssris” continued from p.1)

doctors (and parents) for putting these SSRI drugs into these children without following up and making sure that they don’t stop taking it.

Placing blame and feeling guilty is not what we need to be doing right now. We need to accept responsibility for what we have failed to do that has caused others to suffer.

Serotonin does not cause violence and aggression. Violence and aggression are associated with lower levels of serotonin.

Higher levels of serotonin help to modulate anger and aggression. In fact serotonin makes you feel good. Exercises help increase serotonin levels, which is part of why it makes you feel better. Diet is also key--Omega 3-fatty acids, vitamin C and complex carbohydrates tend to regulate se-

(“new meds”, continued from p.1)

blocking medications.

LY2140023 is an investigational medication now. LY2140023 is an experimental drug in an early phase of development which attempts to treat schizophrenia using this new mechanism of action. It seemed to work safely in patients, without the dangerous and annoying side-effects of older drugs. U.S. researchers reported on September 2nd, 2007, 39 articles in English around the world on this topic, indicate that this is an important new development.

Lilly tested the new drug in a double blind study against its older drug Zyprexa in 196 patients in Russia and found it was not as effective as Zyprexa, but the new drug did not cause many of the side-effects of Zyprexa, such as weight gain, cholesterol and hormonal changes.

What is a double blind study? Double-blind means that the doctors and the patients are kept in the dark whether the patient is taking LY2140023, Zyprexa or a placebo. This way, the results are more scientifically accurate.

Approximately 32 percent of the patients treated with LY2140023 responded to the treatment, as opposed to 41 percent of patients who got Zyprexa, and just 3 percent of the patients responded to placebos.

LY2140023 patients had fewer side-effects. Most were mild, including nausea and headache and insomnia or sleepiness.

To read more about this topic, go to <http://news.google.com> and type in the search box: schizophrenia glutamate. 🐛

rotonin levels and balance one’s moods.

If antidepressants were to blame at all for the teenage rampage and shootings it would be because the teenagers failed to take their medication as prescribed. Abruptly ending antidepressant treatment causes imbalance which could trigger anger and aggression.

Pharmaceutical companies profit from emotionally disturbed people. Stop over-prescribing pharmaceuticals! “Prozac is the antidepressant made by Eli Lilly. It is the most profitable drug in history.” Withdrawal from prozac is harder than withdrawal from heroin. Eli Lilly’s Prozac is soon to be replaced; the same drug with a different name.

If we cannot overcome our dependency on a quick fix pharmaceutical our dependency on the quick fix pharmaceutical products this pattern will repeat itself indefinitely. 🐛

Members' Works

People are like an avenue with immense cracks
Pronouncing a dry song
Morning is blue after love burns
Slender yet bruised as skin were full from want

— Donna Holzem (DH received December 2007 Editor's Choice Award from the International Society of Poets for this poem)

Peace On Earth

They say that we have peace on earth,
But do we really? Right from birth?

The raging wars are ever near,
Yet the pain and sorrow are hard to hear.

How can we really love one another?
Especially when everyone is undercover?

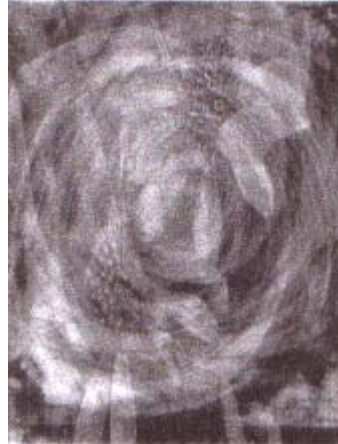
Is peace just an idea in religious people's mind?
Can we really trust their judgments and finds?

What if we tried just a little big harder,
And tried to solve the problem of crime and murder?

It seems to me like we're stuck on ourselves,
We don't seem to care about anyone else.

So now knowing these things let us go out today and
Try to make peace with the people we used to slay.

— Kimera Peace Kinnard



Kimera Peace Kinnard



Karen Mordick



Karen Mordick's art

Featuring member of the month: Karen Mordick

by Debra Gehrke

How long have you been at Cornucopia?
Since the fall of 2007 around September or October.

How does Cornucopia help you in your recovery?

It gives me an outlet for being creative and to paint or draw with because I have my anxiety and depression so I can come down here for an outlet.

What do you do and like to do at Cornucopia?

Watercolors, oils, acrylics and all the paintings media and I love to draw.

How long have you been in Madison?
Since August of 2007.

How did you find or hear about Cornucopia?
Through Safe Haven.

Are there other things you do at Cornucopia?
Yes, the Internet on the computers so that I can get a picture that I want to draw and then I print it out as a reference to refer to when I draw it.

What do you gain from Cornucopia?
Originally, I came as an outlet for my anxiety and depression in recovery. Now I can get my artwork done, displayed and possibly sold as a result of coming here.



February 2008

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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HOURS :	10-3	10-3	10-8	10-5	10-3	
	<p>“Love comeforeth like sunshine after rain” -- William Shakespeare</p>				<p>1 Advanced Watercolor 10:00-12:00</p> <p>Painting w/Scott 1:00-3:00</p>	<p>2</p>
3	<p>4 Games w/ Rich 12:30</p> <p>Materials & Methods 1:30-3:00 Jesi</p>	<p>5 Clay & Open Studio Dana 10:00-12:00</p> <p>Living Skills 1:00-2:00 Intro to Weight Mgt.</p> <p>Dining Out! 3:00 on Amy's</p>	<p>6 Beginning Watercolor 1-3 with Debbie Gehrke</p> <p>Expressive Art w/Paul 3:00-4:30</p> <p>Wellness <u>Dual Diagnosis</u> Karen H. 6:00-8:00</p>	<p>7 new moon Crafts-marbling stationary w/Karen 10-12 am</p> <p>Leather Work w/ Deb 12:30-2:00</p> <p>Beginning Drawing Class w/Debbie G. 2:00-3:00</p> <p>Support Group 3:30-5:00</p>	<p>8 Advanced Watercolor 10:00-12:00</p> <p>Painting w/Scott 1:00-3:00</p>	9
10	<p>11 Games w/ Rich 12:30</p> <p>Massage w/Celia 1:00-2:00</p> <p>Materials & Methods 1:30-3:00 Jesi</p>	<p>12 Clay & Open Studio Dana 10:00-12:00</p> <p>Living Skills 1:00-2:00 <u>Nutrition</u></p>	<p>13 Beginning Watercolor 1-3 Debbie G.</p> <p>Expressive Art w/Paul 3:00-4:30</p> <p>Wellness <u>Procovery</u> Karen H. 6:00-8:00</p>	<p>14 Crafts-candy cane hearts w/Karen 10-12 am</p> <p>Leather Work w/ Deb 12:30-2:00</p> <p>Beginning Drawing Class w/Debbie G. 2:00-3:00</p> <p>Support Group 3:30-5:00</p>	<p>15 Advanced Watercolor 10:00-12:00</p> <p>Painting w/Scott 1:00-3:00</p>	16
17	<p>18 Games w/ Rich 12:30</p> <p>Materials & Methods 1:30-3:00 Jesi</p>	<p>19 Clay & Open Studio Dana 10:00-12:00</p> <p>Living Skills 1:00-2:00 <u>Exercise</u></p>	<p>20 Beginning Watercolor 1-3 Debbie G.</p> <p>Expressive Art w/Paul 3:00-4:30</p> <p>Wellness <u>Mood Disorders</u> Karen H. 6:00-8:00</p>	<p>21 full moon Crafts-cinnamon ornaments w/Karen 10-12 am</p> <p>Leather Work w/ Deb 12:30-2:00</p> <p>Beginning Drawing Class w/Debbie G. 2:00-3:00</p> <p>Support Group 3:30-5:00</p>	<p>22 Advanced Watercolor 10:00-12:00</p> <p>Painting w/Scott 1:00-3:00</p>	23
24	<p>25 Games w/ Rich 12:30</p> <p>Materials & Methods 1:30-3:00 Jesi</p>	<p>26 Clay & Open Studio Dana 10:00-12:00</p> <p>Living Skills 1:00-2:00 <u>Lifestyles</u></p>	<p>27 Beginning Watercolor 1-3 Debbie G.</p> <p>Expressive Art w/Paul 3:00-4:30</p> <p>Wellness <u>Thought Disorders</u> Karen H. 6:00-8:00</p>	<p>28 Crafts-paper into faux copper w/Karen 10-12 am</p> <p>Leather Work w/ Deb 12:30-2:00</p> <p>Beginning Drawing Class w/Debbie G. 2:00-3:00</p> <p>Support Group 3:30-5:00</p>	<p>29 Advanced Watercolor 10:00-12:00</p> <p>Painting w/Scott 1:00-3:00</p>	

Cornucopia is located at 306 N Brooks Street in Madison.

Events on this calendar may change. If you haven't attended a particular group recently, call to confirm day & time.

THE CHILL OF WINTER

The chill of winter,
Is in our face,
Trying to find,
A warmer place.
Snow is falling
All around,
Landing gently,
On the ground.
Kids are playing,
Mom's at rest,
As children try,
To be the best.
Icy streets,
Slip and slide,
Better off,
To stay inside.

— Dylan Abraham

Dining Out!

Tuesday February 5th: We will dine out at Amy's after Cornucopia's closing at 3:00. Come join us for an early dinner. Gyro's, hamburgers, fish, salads, soup, whatever suits your fancy.

January's gone now.
February's upon us. It's leap year.
Don't forget that membership is
only \$24 and \$12 if you only want
the newsletter. We want to see you
here.

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