

Cornucopia Activities for May 2008

MENTAL HEALTH AWARENESS MONTH

INTERNET USE
every day 10 - 3

OPEN ART STUDIO
every day 10 - 12

MONDAY 10 - 8	TUESDAY 10 - 8	WEDNESDAY 10 - 8	THURSDAY 10 - 8	FRIDAY 10 - 5
<p>iFeliz Cinco de Mayo! 5</p> <p>1:30-3 MIXED MEDIA - Jesi</p>	<p>Depression Awareness Day 6</p> <p>10-12 CLAY - Dana 2-3 MIXED MEDIA - Jesi 5:30-7 SOHL Support - Anna</p>	<p>Great American Grump Out 7</p> <p>1-2 WATERCOLOR - Debbie 2-3 DRAWING - Debbie 5-7 WELLNESS - Karen "Recovery Principles" 7-8 Beg. SPANISH - Allison</p>	<p>No Socks Day 8</p> <p>12:30 -2 LEATHER - Deb Griffith 2-3 CREATIVE WRITING - Amy</p>	<p>Life Coach Recognition 9</p> <p>1-3 PAINTING - Scott T. 1-3 KARAOKE</p>
<p>Nutty Fudge Day 12</p> <p>Yesterday was Mom's Day. Stop in for nutty fudge cake if you're a mom, stepmom, grandma or any other kind of mom to a person or a pet. 1:30-3 MIXED MEDIA - Jesi</p>	<p>Women's Health Week 13</p> <p>10-12 CLAY - Dana 2-3 MIXED MEDIA - Jesi 5:30-7 SOHL Support - Anna</p>	<p>Root Canal Appreciation 14</p> <p>1-3 WATERCOLOR - Debbie 2-3 DRAWING - Debbie 5-7 WELLNESS - Karen "Recovery Principles - The Sequel"</p>	<p>Chocolate Chip Day 15</p> <p>12:30 -2 LEATHER - Deb Griffith 2-3 CREATIVE WRITING - Amy</p>	<p>National Pizza Party Day 16</p> <p>1-3 PAINTING - Scott T. 1-3 KARAOKE</p> <p style="text-align: center;"><i>Next Month's Newsletter SUBMISSIONS DUE</i></p>
<p>Full "Flower" Moon 19</p> <p>1:30-3 MIXED MEDIA - Jesi</p>	<p>Eliza Doolittle Day 20</p> <p>10-12 CLAY - Dana 2-3 MIXED MEDIA - Jesi 5:30-7 SOHL Support - Anna</p>	<p>Cultural Diversity Day 21</p> <p>1-3 WATERCOLOR - Debbie 2-3 DRAWING - Debbie 5-7 WELLNESS - Karen "Sexual & Reproductive Health"</p>	<p>Bill Kuban's birthday 22</p> <p>12:30 -2 LEATHER - Deb Griffith 2-3 CREATIVE WRITING - Amy</p>	<p>National Taffy Day 23</p> <p>1-3 PAINTING - Scott T. 1-3 KARAOKE</p> <p>WOW! There sure are a lot of Taureses & Geminis @ Cornucopia! Stop in for taffy & triple chocolate cheese cake if you were born in May & wish Bill a belated happy birthday.</p>
<p>MEMORIAL DAY 26</p> <p>Cornucopia is OPEN C'mon in to play games & share a potluck lunch.</p>	<p>Cover the Uninsured Week 27</p> <p>10-12 CLAY - Dana 2-3 MIXED MEDIA - Jesi 5:30-7 SOHL Support - Anna</p>	<p>Slugs return fr Capistrano 28</p> <p>1-3 WATERCOLOR - Debbie 2-3 DRAWING - Debbie 5-7 WELLNESS - Karen & Laure "Peer Support & Boundaries"</p>	<p>Creative Beginnings 29</p> <p>12:30 -2 LEATHER - Deb Griffith (last class until Sept.) 2-3 CREATIVE WRITING - Amy</p>	<p>Hug Your Cat Day 30</p> <p>1-3 PAINTING - Scott T. 1-3 KARAOKE</p>
<p>June 2</p> <p>1:30-3 MIXED MEDIA - Jesi</p>	<p>Rebuild Your Life Month 3</p> <p>10-12 CLAY - Dana 1-3 GAMES & MOVIE Watch a movie while playing for fun games like Scrabble, Yahtzee, Trivial Pursuit, cards, chess, etc. 5:30-7 SOHL Support - Anna</p>	<p>Men's Health Week 4</p> <p>1-3 WATERCOLOR - Debbie 2-3 DRAWING - Debbie 5-7 WELLNESS - Karen & Laure "Peer Support & Boundaries"</p>	<p>"Got Milk?" Month 5</p> <p>12:30 -2 Knitting & Quilting 2-3 CREATIVE WRITING - Amy</p>	<p>Donut Day 6</p> <p>1-3 PAINTING - Scott T. 1-3 KARAOKE</p>

Newsletter Submissions are due by 3 pm the third Friday of each month: mail, email, or drop off in person any poetry, prose, events, articles, &/or artwork photos you'd like considered for publication.

NEEDED: Writers, photographers, typists, & proofreaders, plus newsletter mailing volunteers.

May is National Teachers Appreciation month. The teachers & tutors at Cornucopia deserve a big thank you from everyone for the time & talents they share with our members. ¡Gracias a todos!

New Class for May:

CREATIVE WRITING

with Amy Allen on Thursdays from 3:00 - 4:00. Come write poetry or short stories in a relaxed environment.

Jesi's classes:

MIXED MEDIA meets every Monday from 1:30 - 3:00 and every Tuesday from 2:00 - 3:00. Come explore different methods of printing, painting, and drawing using linoleum block designs, ink, pastels, charcoal pencils, acrylic paints and other materials.

** NO CLASS on Memorial Day. **



CLAY CLASS with Dana

Every Tuesday from 10:00 - 12:00 handbuild with red clay and paint or glaze kiln-fired pieces.

"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."

SPANISH CONVERSATION

Allison's last Spanish class for the spring will be from 7 - 8 pm on Wed., May 7. She will be back in Sept. Join us for a belated Cinco de Mayo fiesta to thank Allison for teaching us.

LEATHER & KNITTING

Thurs. afternoons 12:30 - 2:00



Design and stain leather projects like belts, wallets, or moccasins. Make felted wool purses or decorative scarves with knitting needles or circular looms. Deb Griffith can help you work with whatever material or fabric project interests you.

SOHL SUPPORT GROUP

Tuesdays, 5:30-7:00 pm

Come learn about assertiveness & boundaries in the School of Higher Learning (SOHL) while giving & sharing peer support in Anna's group. Focus currently is on doing drawing & writing exercises about emotions and self-esteem. Anna is a consumer and a therapist with many interesting ideas to share.

Debbie Gehrke's Classes:

- Check out my Wednesday **Beginning WATERCOLOR** class 1:00 to 2:00.
- Stay afterwards for drawing from 2:00 - 3:00.
- See Debbie G. with any questions. There will be treats!

WEDNESDAY WELLNESS

with Karen Herro, BSN, RN

5:00-7:00 pm

- 5/7 - Recovery Principles I
- 5/14 - Recovery Principles II - The Sequel
- 5/21 - Sexual & Reproductive Health
- 5/28 - Peer Support & Boundaries with Laure (rescheduled from last month due to illness)

PAINTING

Scott Tremel

Fridays

1:00 - 3:00



Come on in to paint (or draw) anything you like with any medium you like. Choose from water-based oils, tempra, acrylic, water-color, pastels, chalk, colored pencils...just to name a few!

COMPUTER TUTORING

Call us at 257-7489 to schedule a day and time for one-on-one computer tutoring with Jimmy or Debbie.

Learn the basics of using a computer and word processing, plus how to surf the internet and set up free emails, webpages, or blogs. We also have tutors available to teach members how to do digital photography and to process the pictures using programs like PhotoShop.

CORNUCOPIA Newsletter



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

May 2008, Vol. 12, No. 5

BEING RESOURCEFUL

When I was first diagnosed with a mental illness it was very tough for me to deal with the illness and the symptoms. While in the hospital, despite the help from great professionals, I still struggled to find things that would help me out in the short run as well as the long run. In the hospital we had groups, talked to staff, smoked cigarettes and drank a lot of coffee. Other activities helped me deal with my illness, too. When I was discharged, I was very tired, weary, and burnt out. The first weeks back I would sleep for 18 hours a day. Taking Haldol, I had some side effects that were enormous as my body became like a board. What to do to get going again?

(continued on page 2)

JOB OPENING

Cornucopia is now accepting job applications for the part-time position of Executive Director at \$10 per hour for 55 hours per month.

Duties include personnel management, public relations, fundraising strategies, establishing administrative controls, and other tasks.

For a copy of the 2008 Executive Director job description and job application, please call 608-257-7489 or view on our website at www.cornucopia-arts-inc.org Applications are due in Cornucopia's office by 3:00 pm on Friday, June 6, 2008.



Sarah Dorsey
Featured Member-of-the-Month

- interview by Deb Gehrke

1. *How long have you been a member at Cornucopia?*
Since January of this year.
2. *How does attending Cornucopia help you with your recovery?*
Gives structure to my day plus peer contact.
3. *What do you like to do here?*
Drawing. Arts and crafts. Scrabble.
4. *How long have you been in Madison?*
Since August of 2007.
5. *How did you find out about us?*
Through St. Mary's hospital.
6. *Are there other things you like doing here?*
Computer & leather craft. Skill building.
7. *What do you gain from coming here?*
Peer support & building self esteem.

Sarah is an active member & volunteer at Cornucopia. A residential doctor at the V.A. near UW-Hospital, she was recently elected to Cornucopia's board of directors as its new secretary.

2008 TOWN HALL MEETING

Guest speaker- State Senator Mark Miller



Sen. Miller discussed the status of the Mental Health Parity Bill, as well as reasons why it has not passed in past years. He spoke on the following points:

1. All of us are all on this planet together so we need to look out for everyone.
2. To a large extent, your health insurance is dependent upon if you have a job & whom you work for.
3. The Parity Bill has a fiscal impact & has to go through the "Joint Finance Committee" before it can be voted on. To even initially come up before the Joint Finance Committee, both the Democratic & Republican Chairpersons have to agree to discuss it. As in past years, the Republican chair of the Joint Finance Committee will not agree to discuss the Parity Bill.
4. A health care proposal, called "Healthy Wisconsin", would put all the different Federal and State programs offering health care into one pool. It is estimated that doing this would save 2 billion dollars from the current 17 billion dollars that is spent on health insurance & health care.
5. The State has not even kept up with inflation in it's use of limited dollars to cover the cost of Mental Health insurance.

- Taken from the March 2008 Board Minutes compiled by Richard Johnson (outgoing) & Sarah Dorsey(new) board secretaries.

BOARD ELECTIONS

New board candidates Sarah Dorsey and Yura Naoka Yasui were elected to the board.

Board members appointed during the last year - Debbie Gehrke, Kevin Fosler, and Adam Malueg - were elected to full terms by a unanimous vote. Re-elected to new terms by a unanimous vote were Richard Johnson, Barbara Grimm, and Karen Herro (who became former President). Returning Board members include Lynn Brady, Steven Thomas, and Dylan Abraham.

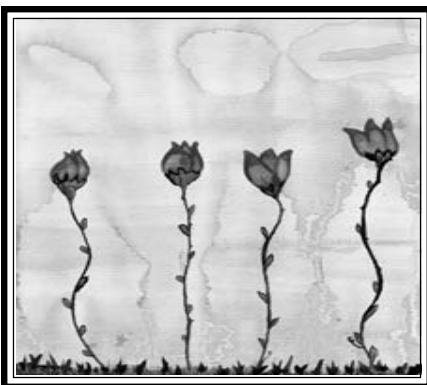
The following officers were voted for unanimously:

- President: Deb Gehrke
- Vice-president: Steven Thomas
- Secretary: Sarah Dorsey
- Treasurer: Adam Malueg



Cornucopia's 2008-2009 Board

First row: Adam Malueg, Sarah Dorsey, Deb Gehrke, Barbara Grimm, Yura Naoka Yasui, Karen Herro.
 Second row: Steven Thomas, Kevin Fosler, Dylan Abraham, Richard Johnson.
 Absent from photo: Lynn Brady



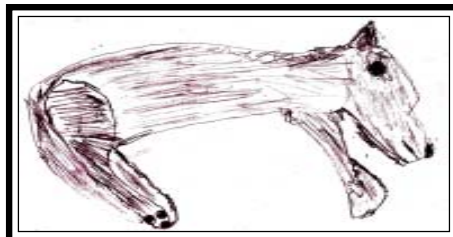
"Acid Rain Morning Glories" - watercolor by Deb Gehrke

**Mixed Media Male Model:
"IZZY"**

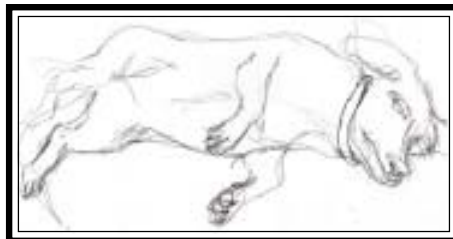


"Izzy" - photograph by LaureQ

One Tue. afternoon in April, Izzy posed for a life drawing session in Jesi's mixed media class. He lay very still while modeling for us with the help of his pet human, Maria Hanson. Below are four renditions of our new four-legged volunteer:



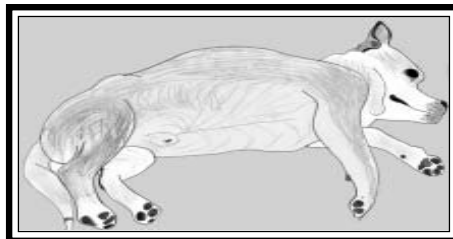
"Izzy" - Adam M.



"Izzy" - Jesi K.



"Izzy" - Debbie G.



"Izzy" - LaureQ

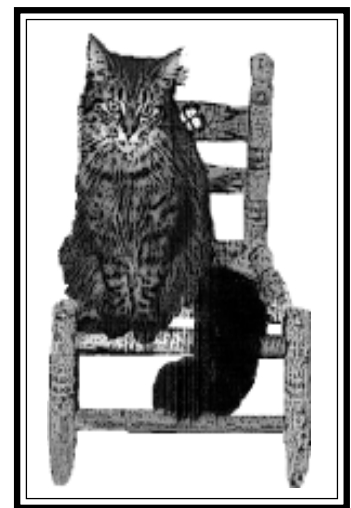
"Being Resourceful" (continued from page 1)

My mother was a key in my journey of dealing with mental illness. First she would come home from work and have lunch with me. This offered some structure for me that I could build on. Also since I was totally out of shape and not doing much physically, my mother bought a ping-pong table. She put the table outside (as it was still summer) and we would play ping-pong together. The fresh air, getting used to getting my coordination back, and the movement were very important to me. I had a friend who would come over everyday and after awhile we were playing ping-pong, too. Also to get me back to reading and using my brain, my mother ordered a subscription to *Readers Digest* so I could read short articles to stimulate my brain without having to read *War and Peace*. My mother's creativity certainly helped me along.

Over the years, being creative with activities I did helped me out. Doing Hatha Yoga was a good way to get flexible and strong. Tai Chi helps me in a number of ways. Doing sports, many sports, kept me active and connected as being an athlete was something I didn't give up on. Playing Scrabble, cards and other games helped me focus and have some productive brain exercise. Overall, there were many creative things I did to help me get well and make a recovery again.

So, thanks to many people in my life, I found I could have a recovery and have a place in society once again. From ping-pong to yoga, and everything in between, and being creative helped me immensely. Deal with your illness and be creative - do activities which are productive for you. In the long run, you have to take risks and get back in the ball game. So give it your all and live your life.

- Dylan Abraham



"Molly In Her Thinking Chair" digital photograph - LaureQ

LOVE FOREVER

I say my love is forever in a spiritual sense.
In physics, life is energy and energy never dies – hence:

My love is energy and with life's force,
Will survive along with its source.

As time goes on maybe our energies will merge
And create some beautiful cosmic power surge.

We could have our own heaven with passion undefined
Beyond the pain and sorrows of this world and mind.

So I look forward to forever and have no cares,
Cause it will be celestial love if I find you there.

J.J Szulczewski
Inside the walls of Mendota



"Mask" - collage sculpture by Sarah Dorsey

GIVE YOURSELF TIME

Its mental illness,
No reason or rhyme,
Deal with it carefully,
Give yourself time.



Time to think,
And do what is right,
Keeping your focus,
Keep it in sight.

Day by day,
Is the way to live,
Learning to share,
And to live.

So do your best,
Step carefully each day,
You will overcome.
And have your way.

- Dylan Abraham

LA PRIMAVERA
(un haiku en español)

La primavera
revuelve cada año
con los pajaros
canten un - ¡Bien-
venido! - a todas las
flores fragrantas
están pintado
con colores brillantes
del arco iris
aparece con
el sol y la lluvia
en el cielo
promesa una
mañana buena para
la primavera.

- LaureQ



"Vase of Roses"
drawing by Judy N.

THE SPRING
(a haiku in Spanish)
[lost in English translation]

The spring
returns every year
with the birds
[who] sing "Wel-
come!" to all the
fragrant flowers
[that] are painted
with the bright colors
of the rainbow
[which] appears with
the sun and the rain
in the sky
[that] promises a
good morning for
the spring.

DEPRESSION

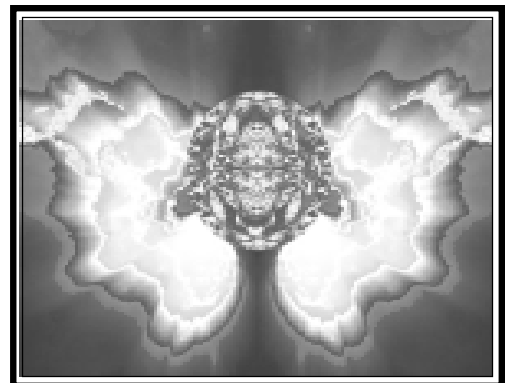
I feel that depression is determined by how people feel in their situation.
Some people may have been born in the depression era of the 1930s.
Could be from their mothers or their fathers, or even their grandparents,
is where their depression derived from.
Being a parent can make you feel depressed and very, very sad.
Divorce can make one feel quite depressed, and have a mentally ill type feeling.
Then when people close to you end up dying, that makes you feel very depressed.
Yet other people's depression can cause other people's depressions.
Being around a person that is depressed can make you very, very depressed.
People can be oppressed. Slavery made people very depressed.
Living in poverty can make a person's depression extremely sad.
Soldiers who go to war are affected by shell shock, causing depression.
We all suffer from some form of depression, somehow or the other.

- Betty Bracey

INSIGHT

As the twig is bent the tree will grow
The child hurt will never know.
His way of mind
Will lead to crime.
Until too late in retrospect
He will view life with deep regret.

J.J. Szulczewski
Inside the walls of Mendota



"Black Diamond" - watercolor digital art by Calvin McFarlane

COMMUNITY RESOURCES

Survivors of Suicide 280-2700
2nd & 4th Tue. 7:00 - 9:00 pm

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

National Suicide Prevention Lifeline 1-800-273-TALK
www.SuicidePreventionLifeline.org
Callers receive suicide prevention counseling from trained staff at the nearest certified crisis center in the network.

NAMI Dane County Support Groups 249-7188
www.namidanecounty.org
United Way building, 2059 Atwood Ave., Madison

Depression & Bipolar Support Alliance
Laura 241-5788 or Mindy 233-0303 or dbsa@email.com

Interfaith Depression & Bipolar Support 873-1938 Gary
Thu. 7:00 - 9:00 pm @ Christ Lutheran Church, Stoughton

Madison Hearing Voices Group 446-0104
Thu. 2:00 pm @ MHCDC, room 14
jennybranks@hotmail.com

Rainbow Connection 255-8582
Social group for LGBTQ people who have experienced mental illness.
2nd & 4th Thu. 4-6 pm @ Outreach, 600 Williamson St., Madison

Peer Support for Anorexia & Bulimia 274-7042
Tue. 7:00-8:30 pm @ Firststar Building, 402 S. Gammon

Overeater's Anonymous 663-8823

Eating Disorders Friends & Family Support Group 276-7765
For those who have a loved one with an eating disorder
3rd Thu. 6:30 - 8:00 pm @ St. Mary's Hospital, room 4643

Eating disorders support group 274-5115
Mon. 7:15 - 8:30 pm @ Covenant Presbyterian

Double Trouble 12-Step Study Meeting 438-1960
www.doubletroubleinrecovery.org
Mon. 6 pm @ St. Luke's Episcopal Church, 4011 Major Ave., Monona

Mad Town Secular Recovery (from alcohol or drugs) 220-7045
Thursdays 8 pm & Sundays 9 am @ Wil-Mar Neighborhood Center

Self-Management & Recovery Training 608-238-5176, ext. 365
Abstain from addictive behavior.
Wed. 7:00 - 9:00 pm @ Wil-Mar Neighborhood Center

Alcoholics Anonymous 222-8989 www.aamadisonwi.org

Narcotics Anonymous 258-1747 www.badgerlandna.org

Al-Anon & Adult Children of Alcoholics www.soarwithafg.org

New Directions Information Center 280-2674

For those seeking mental health or substance abuse services, including case management applications, prescription resources, plus lists of therapists & psychiatrists who take medicare, medicaid, or sliding fee.

2-1-1 (First Call for Help) Dial 2-1-1 or 246-4357

For people seeking housing, shelter, food pantries, & other community resources.

MOST: Mobile Outreach to Seniors Team 280-2480 Pat Anderson
Promotes older persons' social, emotional & physical well being by enabling them to live more independent, satisfying lives in a setting of their choice. Staffed by trained, experienced clinicians who are sensitive to the concerns of older people (55 or older).

Hancock Center for Dance / Movement Therapy 251-0908
www.hancockcenter.net

Integrates movement, expression & verbal discussion to explore such topics as self-worth, body image, & interpersonal relationships.

Four Agency Cooperative Effort (Project FACE) 256-2358
Group therapy for Dane County residents: ADD, depression, fear, anger, aggression, loss, abuse, survivors, body image, addiction, & more. In English & Spanish.

"Many Voices" LynnW@manyvoicespress.com
Bi-monthly publication written by consumers. Words of hope for people recovering from trauma & dissociation. An information exchange for treatment providers & survivors of trauma & dissociative disorders.

Job Seekers' Network 242-4886
www.danejobs.com
Free job search info & support.
Dane County Job Center, 1819 Aberg Av, room 6 in Madison

Domestic Abuse Intervention Services
24 hour crisis line @ 251-4445 or 1-800-747-4045.

Rape Crisis Center 251-5126
www.danecountyrc.com
24 hour crisis line at 251-7273 plus support groups for survivors of past or present sexual assault, incest, date rape, etc.

DOUBLE TROUBLE in RECOVERY

Dually-Diagnosed 12-Step Meeting

2nd group now meeting Wednesday nights @ 6 pm
in Porchlight's cafeteria at 306 N. Brooks St.

Double Trouble in Recovery (DTR) is a fellowship of men & women who share their experience, strength & hope with each other so they may solve their common problems & help others to recover from their particular addiction(s) & mental health disorders.

For more info call 438-1960

CORNUCOPIA INTEREST FORM

I would like to:

Be a member of Cornucopia for \$24 a year (includes newsletter, classes, & free use of most art supplies).

Volunteer at Cornucopia. Please contact me about how I can become involved.

Make a tax-deductible charitable donation of: < \$25 friend \$25 - \$50 donor
(Cornucopia, Inc. is a 501c3 not-for-profit agency)

\$51 - \$100 supporter > \$100 sponsor

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Please detach & mail with check or money order payable to: **Cornucopia, Inc.** at

306 N. Brooks St., Madison, WI 53715-1002

Thank you.

Cornucopia 2008-2009 Board of Directors:

Debbie Gehrke, President * Steven Thomas, **Vice President** * **Adam Malueg, Treasurer** * Sarah Dorsey, Secretary
Dylan Abraham, Lynn Brady, Kevin Fosler, Barbara Grimm, Karen Herro, Richard Johnson, Yura Yasui

OFFICE STAFF: vacancy, Executive Director
Bill Kuban, Business Manager
Laure Quinart-Raymakers, Program Director

Last Month's Volunteers:

Art Teachers:

Deb Gehrke, Deb Griffith, Aaron Kempf, Jesi Klabak, Dana Romano, & Scott Tremel

Wellness Leaders:

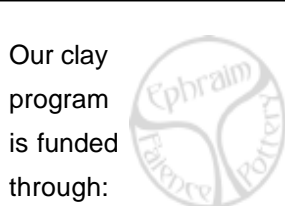
Karen Herro, Anna Wheelock, & HOSA nurses, & UW-Madison's Occupational Therapy students

Office & Peer Support:

Sarah Dorsey, Deb Gehrke, Barbara Grimm, Deb Kelly, Adam Malueg, Bruce Johnson, Andy Boardman, Jimmy, & the 6 students from UW Madison's Community Plunge.

In accordance with Title 17 U.S.C. Section 107, this material is distributed without profit to those who have expressed a prior interest in receiving the included information for research and educational purposes.

Major funding provided by:



Our clay program is funded through:
Deb Griffith for donations of wallets, belts, cell phone holders, stamps, & other leather craft supplies bought from Tandy.

This newsletter is printed on recycled paper by inmates of Columbia Correctional Institution, working through Badger State Industries.

rt & other activities

involving

programs

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consumer

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a d Advocacy

ecoverly

f Mental Health

enter

CORNUCOPIA, Inc.
306 N Brooks St
Madison WI 53715-1002



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Madison WI
Permit No. 1005

How to find Cornucopia 🐛 (plus parking, etc.)

- Cornucopia is located at 306 N. Brooks St. (on the 1st floor by the vending machines in the red brick Porchlight building).
- Limited parking is available in back (enter off Mills St. on to Conklin Pl. & turn right into parking lot behind Porchlight).
- Cornucopia only has 2 parking passes. Cars without passes will be ticketed, plus cars parked behind the church next door.
- There is one disabled parking (DP) space near the dumpsters to the right of Porchlight.
- Parking (P) may be found at the meters on Brooks St. & within 3 blocks of Cornucopia at metered UW ramps & hourly city ramps.
- Paratransit & taxi drop off & pick up is at Porchlight's side door on Conklin Pl.
- Metro buses (B) make frequent stops within one block of Cornucopia on University Ave. and W. Johnson St.
- Bicycle racks are in front & in back of the Porchlight building.
- Members & visitors must schedule their own rides & fares. Cornucopia is not responsible for missed rides or parking tickets.

