

Tazewell House News Letter

January, February, March 2008

Volume 1, Issue 1

Newsletter Date

Inside this issue:

The Budgeting Hearing	1
What's New in the Units	1
New Group Feeling Great in	2
Mental Health Over coming	2, 3
LOST A MEMBER	4

Special points of interest:

- On page 1 there is new things going on in the units
- Check out page 2 at the top there are two healthy Recipe's
- Also check out the bottom of page 2
-

The 2008 Budget Hearing at Southwest College

The members from Tazewell House went to the Southwest Virginia Community college to speak to the legislator on what this year budget should include. The three members were Bobby, Donnie, Mary.

My speech was on Transportation, and the need for more coverage area of the Four County transit and more buses to transport more people that they serve. I live in a rural area that is not covered by the transit buses and I would like to see a transit bus cover these area. I felt that my speech was to the point and hit home about the need for more transit buses to serve

these area. I really felt good about my speech to the budget hearing.

Bobby

I read my speech was on housing. It would be nice to be able to afford house because it would give someone more room for their stuff. I was nervous when I read my speech. I thought the budget hearing was good to be there and listen to everyone's speech. It was very educational. I want to thank the legislator

for the opportunity.

Donnie

My name is Mary W. Last month I had the privilege to speak at a legislative hearing at Southwest Community College. My topic was case management and why we needed more case managers. This topic was very important to me. I enjoyed speaking at the hearing. It was an honor to me. Thank you.

Mary W.

What's New in the Units

The **clerical unit** has been busy with several fund raising activities. We have had sourdough bread, roll and fried pie sales. Also taking our cook books to businesses in the area who are willing to sell them for us. We could not have planned and carried these fund raising out if not for the great efforts of the kitchen and maintenance unit who help with baking and delving and also handing out fliers.

Kitchen Unit: This unit work is very hard at planning menus that are healthy and we shop for supplies at the store. After the meals are prepared then we clean up the kitchen. We learn the proper ways to keep everything sanitized. We have cooking for one to help members to be able to cook a meal on their own at home.

Maintenance Unit: The maintenance unit is responsible for the up keep of the house, the grounds out-

side, and the vans. Our purpose is to show members the proper way to clean and maintain a clean and functioning recovery environment and to help them incorporate the skills they learn at clubhouse at home in their daily lives.

New Group Feeling Great in 08

Mary W. new get fit club.
Mary W. a member at Tazewell House inspired other members and staff to focus on their health through out this year. She developed a plan to have groups to help encourage herself as well as others to stick with living a healthier lifestyle. Here are some comments from some of the participants:
Most wanted to lose weight and get back in shape.
From this group they expect to learn healthier

eating habits, how to exercise in moderation, lose weight to feel better physically and mentally build self-esteem.

Healthy Recipe

Delicious Banana Shake

2 bananas, sliced
2c fat-free milk
2c nonfat vanilla yogurt
1/2 c pineapple juice
1 Tbsp honey
Process all ingredients in a blender until smooth. Serve immediately.
Make 4 servings Per serving:
cal 207, pro 11g, carb 38 mg, fat 1g, sodium 145 mg,

potassium 622 mg

Orange Bran Flax Muffin

1 1/2 c oat bran
1c all- purpose flour
1c flaxseed, ground
1c wheat bran
1 Tbsp baking powder
1/2 tsp salt
2 oranges, quartered and seeded
1c brown sugar
1c buttermilk
1/2 canola oil
2 eggs
1 tsp baking soda
1 1/2c golden raisins
Preheat the oven to 375°F.
Line two 12-cup muffin

pans with cooking spray. In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder and salt. Set aside.
Combine oranges, brown sugar, buttermilk, oil, eggs, and baking soda in a blender or food processor. Blend well.
Pour orange mixture into dry ingredients. Mix until well blended. Stir in raisins.
Divide batter evenly among muffin cups. Bake for 18 to 20 minutes, or until a toothpick inserted in the center comes out clean.

Mental health: Overcoming the stigma of Mental illness

You've probably heard the hurtful words before-words like "psycho" And "schizo." Or you've seen the jokes about mental health on television referring to "loony bins" and characters in straitjackets. But if you or a loved one has a mental illness or has been diagnosed with a mental health disorder, you know that these words and gimmicks aren't just harmless fun. They perpetuate the stigma attached to mental health conditions. Stigma may make you angry and upset, and it can cause the public to misunderstand mental illnesses. But while the stigma of a mental health disorder can be painful and shaming, you can find ways to cope with it and even combat it.

Stigma begins with labeling someone

Stigma has four components:

Labeling someone with a condition

Stereotyping people who have that condition

Creating a division—a superior "us" group and a devalued "them" group, resulting in loss of status in the community

Discriminating against someone on the basis of their label

Harmful effects of stigma:

Trying to pretend nothing is wrong

Refusal to seek treatment

Rejection by family and friends

Work problems or discrimination

Difficulty finding housing

Being subjected to physical violence or harassment

Inadequate health insurance coverage of mental illnesses

Coping with stigma

***Get appropriate treatment.** Don't let the fear or anticipation of being stigmatized prevent you from seeking treatment for your illness. For some people, a specific diagnosis provides relief because it lifts the burden of keeping silent and also underscores that you aren't alone—that many others share your same illness and issues.

Surround yourself with supportive people. Because stigma can lead to social isolation, it's important to stay in touch with family and friends who are understanding. Isolation can make you feel even worse.

Make your expectations know. People may not know how to support you, even if they want to help. Offer specific suggestions and remind people of appropriate language.

Don't equate yourself with your illness.

You are not an illness. So instead of saying "I am bipolar," say "I have bipolar disorder." Instead of calling yourself "a schizophrenic," call yourself "a person with schizophrenia." Don't say you "are depressed." Say you "have depression."

Share your own experiences.

Speaking at events can help instill courage in others facing similar challenges and also educate the public about mental illness. Until you gain confidence, you may want to start at small events, such as talks at a support group or church community.

Monitor the media. If you spot stigmatizing stories, comic strips, movies, television shows or even greeting cards, write letters of protest that identify the problem and offer solutions.

Join an advocacy group. Some local and national groups have programs to watch for and correct archaic stereotypes, misinformation and disrespectful portrayals of people with mental illnesses.

Don't let stigma create self-doubt and shame

Tazewell House Lost one of its members

Tazewell House suffered a great loss in one of our members on Feb. 2, 2008. Diane Cooper had been a member almost as long as clubhouse has been open she was 63. Diane will be remembered for her kindness to others and always being happy despite how she really felt. Some of our fondest memories of Diane were:

She loved Elvis Presley

Gary

She was a nice person

Bobby

Sweet and lovely lady

Theresa

Diana Sue Cooper was always happy go lucky

Rosetta

Calling club house

Mary

She would tell me that I look like a movie star

Donnie

She worked all the time and I love her

Suise

The whole time that I knew Diana I don't think she ever called me by my real name. She always called me (Boo Boo). She was such a good person. She will be greatly missed.

Chanty

She worked all the time and I love her

Suise

Diana was such a lovely person. She was thoughtful and caring always asking about my family. Her girls and her grand children were her life. Diana I miss you

Babs

Dina was a wonderful person who I dearly miss. She was always happy, very generous to others and loved the simple things in life. She loved to go barefoot, lay in the floor, and talk on the phone. She truly made an impact on everyone's life she touched.

Laura

She was very thoughtful to everyone she was one of a kind- I always thought she worked for ATT she was always on the phone

Nancy

She was a very sweet person she is missed very much by me. I loved her a lot. May God watch over her.

Lena