

THE FRIENDSHIP CENTER NEWS

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April 2005

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Thought for the
Month:

If you fail to plan,
you plan to fail.

unknown

Join in the April Events!!

- **Crafts every Wednesday!** This month we are cleaning out the crafts closet. Do whatever you like all month!
- **Bingo on Mondays! 9:00 am** on the **4th** and the **18th**, **1:00 pm** on the **11th** and **25th**.
- **Clay Class on Thursdays.** On the **7th** and **21st** at **10:00 am**
- **Monthly Members Meeting on Tuesday the 12th at 10:30 am** Will be having **Rootbeer Floats** after the meeting.
- **Monthly Birthday party** will be on **Monday the 4th at 12:00**
- Join us for the **Noon meals!** They will be on **Thursday the 7th, Friday the 15th and Wednesday the 27th.**

One way to reduce stress is to change our minds about how we relate to the world.

It makes sense to learn how to react to situations in a way that doesn't disturb our inner peace. We can react to any situation with positive, constructive, loving thoughts—or react with negative thoughts. We can choose to forgive and forget—or let something bother us forever. "We see things not as they are—but as we are."

Listen to your internal talk.

- Is the situation really that awful? (If World War II was "awful", can this situation be considered "awful" as well?)
- What can you learn from this situation?
- Is it true that you cannot stand it? (Maybe you just don't like it.)
- Have you lived through similar situations and survived?
- How can a situation make you a "rotten" person? (You make your share of mistakes—but this does not make you rotten; it simply makes you human.)

You can choose to say negative things to yourself, or you can choose to forgive and forget—and carry on. Stress is *not* something that happens to us. Stress is something that we *talk* ourselves into.

March Members Meeting Minutes

Starting out the meeting, we had 14 members in attendance on Tuesday, March 8th at 10:30 a.m.

Judy Warrick, a therapist, came from the county to volunteer her time on education and support sessions for us. She is retired from Dr. Lee's office, as a therapist, she has a masters in social work. As a consumer herself, she has a better understanding of Mental Illness. Judy will be here from 10 a.m. to 11 a.m. on Tuesdays and every 2nd & 4th Thursday. Lynnette C. shared her thoughts and said "Its nice to know you've got a mental illness like us and you understand."

Professor Irvin Anellis came to discuss teaching basic math and budgeting . He is going to start having classes on Fridays. He has a master's in mathematics & has taught on the college level. Professor Anellis would like to test us to see were we are as far as what level of math we're at. He also discussed his mental illness as well.

Norma W. suggested we bring a guest & maybe charge them \$2 to \$3 dollars for Special Occasion parties.

Our balance is \$1,557.22. The budget for the previous month was \$452.00 in credits and \$385.17 in expenses.

The new hours for Sunday are 12 pm to 9 pm. The Act Team will do blood pressures on every 1st & 3rd Monday of every month.

Robin brought her karaoke machine on the 16th of March. There was a suggestion that we get a basketball hoop & maybe plan some flag football and other outside type activities.

The meeting ended at 11:25 a.m. and afterwards we all had pizza.

Happy
"April"
Birthdays



4/4 Eric G.
4/4 Gail T.
4/7/ scott A.
4/13 Darcy C.
4/17 April A.
4/21 Brian S.
4/29 Abe N.
4/30 Rich W.

Winners Circle

Kim S. / Sherri E.
Isun S. / Dale C.
Dave T. / Abe N.
Mary M. / Andy O.

Winner of Free Dues-
Mary M.

“From the Springboard of Health”

With the being of reborn earth into glorious Spring, so should our lives evolve into a re-birth—a blossoming out for joy of the mental health system. Bringing us thus far to this Friendship Center for enjoyment of each other and ourselves, we like all of creation grow with enriching information and, also, spirit-wise. For this is what makes us wiser, happier and more productive human beings!

I am thankful for all kindness and the discipline I have received in the mental health system. It has given me a sense of purpose and worth that I didn't have when I came into the network of Doctors, nurses, workers and patients. Years before I once had purpose and worth but lost it somehow!

Oh, please say it with me:
How special to regain dignity and meaning in life!

Virginia L.

Showers of Flowers

The rain falls on the just and unjust alike.
But it gives the just more cause to have a happy psyche.
Then, too, Daisies grow and Petunias the same.
More Orchids & Peonies brought on by blessed rain.
Pause briefly while I find my umbrella-
So I can walk on the beach with my special fella.
I love you rain, so necessary and unusually pleasant.
You can rain on my parade, pray-do it decently.
Like while I sleep or eat,
But never when crossing the street.
Only enough for sweet violets and special treats
Like butterflies and garden sweets.
Now, while I close with clothes so dry
And on the inside.
Hope this poem helps us realize
Precious dew drops and rain are gifts from above
And sent to us with great care and love.
Appreciate them greatly
and try to dash between them
And finish drying out with me
While singing a final amen.
Amen
And
Amen!

Virginia L.

Potluck Information

We are having problems with our potlucks and who brings a dish and who comes to eat it. When having a normal potluck, everyone who comes to eat also brings a food item already prepared or a drink or chips to share with everyone. This is how a potluck meal works and the only way a potluck meal works. There have been many complaints that only a select number of people are bringing food and everyone comes to eat. This does not work. Everyone who comes to participate in a potluck meal from now on will need to bring an item to share with the group or they will not be allowed to participate. If you do not bring any food to the potluck, you will not be allowed to eat any of the meal. This is only fair to everyone and will solve many of the problems that we are having with them. There will continue to be a sign-up sheet available to give everyone an idea of what will be here and what needs to be brought. Thank you!!

