

The Spring 2011 Newsletter

MHSP - THE LINK

Open Tuesday – Friday 9:30 a.m. to 4:30 p.m.

Well, we've had the Link painted and decorated and it's looking good. Come by and see the changes, as well as our new big screen for movies and games.

It will soon be time to enjoy our patio, we now have two large umbrellas to keep off sun or rain whichever is the problem! The BBQ should be good to go soooooon.

You can always check out our website to get updated information, or call the Link. Calendars are created for each month and available at the Link or at LCMH.

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"Supporting one another in recovery and healing."



Interesting Internet Finds:

HowStuffWorks

From car engines to search engines, from cell phones to stem cells, and thousands of topics in between, HowStuffWorks has it covered. No topic is too big or too small for our expert editorial staff to unmask...or for you to understand. In addition to comprehensive articles, our helpful graphics and informative videos walk you through every topic clearly, simply and objectively. Our premise is simple: demystify the world and do it in a simple, clear cut way that anyone can understand.

www.howstuffworks.com

Mysavings.com

A comprehensive directory of brand name samples, printable grocery coupons, online coupons, free stuff and freebies, and other discounts and deals so that consumers can save money on products they already buy and discuss which products are right for them and their family.

www.mysavings.com

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Remember to check out our website for updates and the current monthly calendar.

www.mhsp-links.ca

Please enjoy your stay on planet Earth.

Coming soon “Thriving with Diabetes”

A weekly support group especially for people with Type 2 diabetes. We’ll look at the challenges of coping with a long term chronic illness, the frustrations with self management, supports to stay “on track” and the best information out there to help us.

Hopefully we’ll have fun exploring our shared rocky road. Check the calendar and/or website for dates.

To Do!

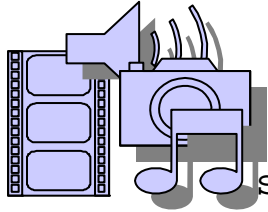
The Members’ Sounding Board Needs You!

I’m talking to you

A friendly reminder that the monthly MSB meetings need to be planned. Depending on what else is on the calendar (i.e. Matt’s activities) Wednesday or Friday afternoons seem to be the best times.

Connect with one another or post your ideas, suggestions, or concerns on the members cork board to make sure you get a chance to be heard.

It’s time!



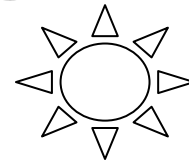
The **BIG**

screen comes to the Link.

We are now the proud owners of a 10'x6' screen for viewing movies, games, etc. Come enjoy your favourite movies, comedies or scary, scary pics at "Cinema Link" Friday afternoons until the good weather really arrives.



Spring is in the air!



Anyone interested in helping get our outside patio together - please call. It will soon be BBQ season and we need to get umbrellas up, tables cleaned off and the planters ready for May!

It's Time for Pitch In!



Each year volunteers from the Link help our community by cleaning up the garbage behind the Link and on Mazie Street.

As the snow starts to disappear let's get out as a group to keep our planet clean! We have buckets, bags, gloves, etc at the Link.

(Free pop & lunch for clean up volunteers!)

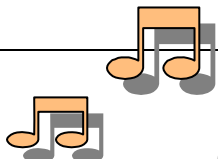
Getting Friendly With Vegetables !



Most of us do not eat enough vegetables, so we're making an effort together to improve our health by having some fun with new veggie recipes.

So far we've been exploring affordable, healthy soup recipes that provide a hearty serving of vegetables in each bowl.

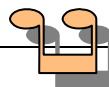
In April we'll be trying a wide range of vegetable casseroles. Join us Friday mornings if you'd like to see how the meal is put together, help yourself to a copy of the recipe, then eat lunch at noon for only \$2.00.

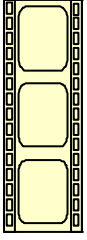


"On Stage" Practice Sessions



We've decided to "glam" up some of our On Stage performances. Anyone interested in putting together an act - with wigs, sunglasses, dance routines, etc. - let us know. We'll start practice sessions and develop some fun routines. Come and sing your heart out!



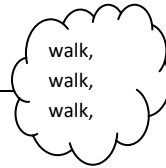


In May we'll start up the Photography Club again. We head out to local sights and snap away. This is a really fun activity, plus we get gorgeous photos to display at the Link. We have some cameras available, so let us know if you're interested and sign up soon, as this group fills up fast.



At each "On Stage" we celebrate the birthdays that fall in that month. Let us know and we'll have cake and sing a rousing chorus of "Happy Birthday" to you.

These feet are made for walking



With good weather on the way, we can get out for a walk around noon each day. We'll start small and build up over the summer - we'll see the results and get healthier as we go.

"Attitude is a little thing that makes a big difference."

Winston Churchill



Sign up to join us for our Easter lunch.

April 20th Easter Lunch Menu

Homemade Sweet Potato Soup

Fresh made Foccacia Buns



Roast Beef, Gravy & Horseradish Sauce

Mixed Vegetables

Red Cabbage & Cranberries cooked in Applesauce

Garlic Mashed Potatoes



Our own (low fat) Cheesecake & fruit

Coffee, tea, juice

If you would like to help out with this event please let us know, we need all the help we can get – cooking, cleaning, serving, decorating, clean up, etc

The Wellness Recovery Action Plan (WRAP)

A Spring WRAP starts in Carleton Place March 23rd and runs until May 25th. Another group will start in Smiths Falls in the early Fall.

Sign in and sign up

Check the sign up sheets at the Link as some of the workshops and activities require that you are signed up, especially the outings with Matt's group.

Remembering the key facets of recovery:

There is hope, a vision of hope that includes no limits.

It is up to each individual to take responsibility for their own wellness. There is no one else who can do this for us.

Education is a process that needs to accompany us on this journey. We search for sources of information that will help us to figure out what will work for us.

Each of us needs to advocate for ourselves to get what we want, need and deserve.

Mutual relationships and support are a necessary component of the journey.

Sherry Mead & Mary Ellen Copeland, 2000

“Whenever you fall, pick something up.”

- O Avery

“If you don't like something change it; if you can't change it, change the way you think about it. ”

M. Engelbreit