

The VOICE

Consumer Voices Are Born
CVAB

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March 2010

CVAB adds New Peer Staff

CVAB has added three great people to our team of peer staff: Sandi, Alan and Christopher.

Each one brings a unique something to our diverse mix and their presence really sets CVAB up for some new growth opportunities. We are glad that they chose to work with us and we know they will

contribute a great deal to our community.

Please stop by and welcome them to our community.



Sandi and Christopher practice supporting one another in a waiting room (Alan, not pictured, already passed the waiting room support test.)

The VOICE Staff

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The VOICE is a monthly newsletter produced and distributed by CVAB, Inc.

The content of articles are the opinions of the writers and are published in the Voice so they may exercise their right to say something, and for your reading

please CVAB is a consumer-run non-profit organization.

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Dance, Take, Play, Go by Kristyn W

Ways to cope with mental illness are:

- Take medications as prescribed
- Take long hot showers
- Lift weights
- Go for walks, or go swimming if you like that better, or go on bicycle rides
- Dance
- Dance ballet, tap, square dance (two is all I know), Mexican hat dance, and the ally cat
- Make more friends
- Dance disco, the Charleston...

Continued on page 3

The Voice welcomes all original contributions related to your recovery experience that you may want to share with our community. We'll treat each with respect and we'll try to print them as submitted but may need to edit for space. Our deadline is the 15th of each month. Thank you.



Kessler's Kolumn

"We need to communicate on a human level with each other."

Insane or Stirred?

It's a belief of many that, the somewhat "insane" consumers, lead boring, depressing lives. Nothing could be farther from the truth. This belief, I think, starts with alienated "normal" people (anywhere: the bus, Capitol Hill, Chevy's) that get stirred up by something "we" do and need someone to pick on. Mental health consumers are an easy target, and a lot of the things that we are associated with (Social Security, TV Depression ads, Food Stamps, the bus) are even easier. So quite often we can get "locked-in" to this world...And bring it CVAB. Contrary to what you might be thinking, I think this is a good thing—not the "locked in" part, but the "CVAB" part. We need to communicate on a human level with each other. This is something that is so often overlooked (we have society to blame) that we have to remember Respect, Responsibility, Re-

covery. Ah, but there's so much more than that! This is not a dogmatic church of mental health, this is a drop-in center. I think anybody that thinks it is a church (or an institution, for that matter) should be shown to the door, just as I think at the same time that anyone that voluntarily violates the 3 R's should be shown the same treatment. After we get all of the logistics down, then we get down to the real business: talks similar to those we have at Community Gatherings, only <gasp!> started by ourselves and handled by ourselves, excluding NO ONE. Think that's a hard thing to do? Then think about how hard it is to communicate when you are alienated, alone in groups of people at CVAB and wondering what you should've done to make your day better. Maybe then you'll discover that we consumers get "stirred up" far too often, and decide you need to contribute.

Be Proactive says Cathy

CVAB encourages you to be proactive in your wellness and recovery.

We have lots of groups for you to get hooked up with to support one another. Let's support one another in not only our mental well being but in physical health also. A couple of ways we can do this currently is by attending the Diabetic and Weight Loss Support Groups. Anyone can attend... even if you are not a diabetic or needing to lose

weight, maybe you just want to support a friend, peer or family member.

Groups are peer-led and only work well if we all show up to support and educate each other. We hope to get a walking group started again when the weather starts improving.

Be sure and check out CVAB's monthly calendar for these and many other self help groups happening every month.



Dance, Take, Play, Go by Kristyn W

(continued from page one)

- ...Twist, ballroom dancing
- Do some ballet moves
- If you like, do belly dancing or the wild, wild, west dance
- Recycle, empty the garbage can
- Take good care of yourself
- Be careful not to hurt yourself
- Keep up your personal hygiene
- Make your bed
- If you don't know how...have somebody help you
- Work around the house
- Work with your hands
- Get the newspaper
- Do cheerleading moves
- Listen to music
- Play musical instruments
- Go shopping
- Sing
- Watch movies
- Wash the windows
- Take classes
- Go to a pet store
- Play games
- Crochet
- Take a class at CVAB
- Treat yourself to your favorite food
- Help others who have an illness
- Go after your dreams



Kristyn's words of wisdom always seem to make the most sense.

Smoked Salmon Spread

This is a delicious spread that even children like. Liquid smoke gives a special flavor, but it can be omitted. Red canned salmon or leftover fresh salmon work the best for this recipe.

- 1 tub (12oz.) light cream cheese
- ½ cup nonfat sour cream
- 1 tablespoon lemon juice
- 1 ½ teaspoon liquid Worcestershire sauce
- 1 teaspoon liquid smoke
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon ground black pepper
- 1 can (14 oz.) red salmon, drained or 2 cups cooked and flaked fresh salmon
- 2 tablespoons chopped celery
- 2 tablespoons chopped green onion

Have cream cheese at room temperature. Blend the first seven ingredients into mixer. Remove skin from salmon and mash bones, if using canned. Mix salmon, celery and onion with cream cheese mixture. Spread on raw vegetables or whole grain crackers.

Makes about 3 cups / 24 servings

Serving size / 2 tablespoons

Carbs per serving / 0

Exchanges / 1 lean meat

Calories / 52

From the *Quick and Healthy Cook Book*

CVAB supports developing healthy eating habits and encourages a holistic approach to recovery and wellness.





**Your Resource for
Wellness and Recovery**

**Consumer Voices
Are Born**

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CVAB Hours !

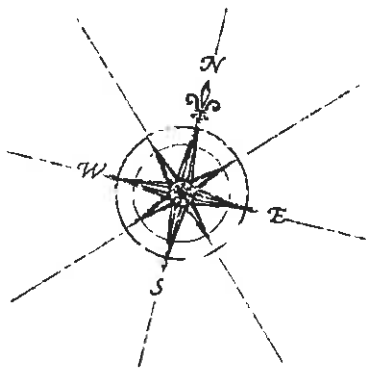
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CVAB

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Executive Direction from Brad Berry

CVAB continues to experience growth. As noted on the front page, we've added three staff to help us as we prepare to begin offering new types of supportive activities. The three hired were among 10 that interviewed making for some tough choices because of such a good field of candidates. We think that Sandi, Alan and Christopher bring an added depth to our excellent team.

CVAB continues to experience growing pains. Our space isn't big enough. We can't meet everybody's needs the way they want to be met. We don't do everything perfectly.

We're working on getting it right every time, but until then we look to continue to build on our strengths and hope.

Speaking of strengths, you will find ours in the people who participate at CVAB. Beginning on the front page and continued on page 3, you can read some of the wisdom that Kristyn regularly contributes. She always reminds me that no matter what is going on around you (or to you), that when you take time to enjoy the small things you will find encouragement and hope for the big things.