



MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health America is proud to continue its tradition of celebrating "May is Mental Health Month," which began in 1949. This year, MHA will be using two brand "platforms" for all of 2011 rather than a specific May is Mental Health Month theme. We are developing an array of items within two branded toolkits, comprised of marketing materials, media materials, educational materials and a branded version of our case statement.

The first platform is **Do More for 1 in 4** and is a call to action for Americans, to help the 1 in 4 American adults who are living with a diagnosable, treatable mental health

condition (2005 NIMH statistic). This brand platform can be used to highlight treatment and recovery pro-



grams.

The second theme, **Live**

Well! It's Essential for Your Potential, is a wellness theme that speaks to the wellness portion of the wellness circle in our case statement and encompasses the notion of balance in one's life among the mental, physical and emotional elements of health. A person who has achieved this sense of wellness can be fully engaged in their family and community.

Our MHA Affiliates are welcome to use either of these two themes throughout the year as stand-alone themes or as supporting themes for specific treatment/recovery programs or wellness programs in their local areas.



March

- 2 Henry K
- 4 Robert S
- 5 Whitney R
- 12 Chuck S
- 27 Darci W
- 29 Larry K

April

- 12 April N
- 14 Danyelle H
- 26 Roger N
- 27 Tiffany S

May

- 4 Laurie E
- 10 Bryan L
- 12 Ron M
- 12 Roger G
- 16 Gloria L
- 25 Ginger B



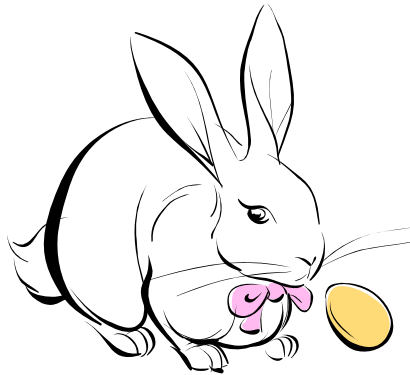
- May 4 - Recovery in the Stix (Elk and Cameron MH/MR & COPE Drop in Center)
- May 12 - McKean County Collaborative Resource Fair
- May 17 - Dickinson's Family Support Group Presents the HOPE Speakers
- May 26 - RAYS of Hope Mental Health Gala at the Harriett B. Wick Chapel (PITT Campus)

“A woman is like a tea bag – you can’t tell how strong she is until you put her in hot water.”
Eleanor Roosevelt (ER)

A LUCKY RABBITS FOOT

A **rabbit's foot** is considered lucky in many countries, but especially in America, where over 10 million rabbit's feet are bought every year. They are said to bring good luck to their owners and protect them against evil spirits. The rabbit's foot is mostly worn on a neck-chain or put on a key chain and is even available in various dyed colors.

Many actors are known to keep a rabbit's foot in their make-up box and some even apply their make-up using the foot, while sportsmen are known to wear them on neck-chains. Rubbing the charm all over a newborn baby ensures that the child is always lucky. One should be very careful to not lose the charm, as misfortune will then move in swifter than the running of a rabbit.



An interesting story is that if a cross-eyed person kills a rabbit on a full moon night and the rabbit's left hind foot is removed and carried in the left pocket, it is very lucky. Also if you dream about a rabbit's foot, it means that your life will change for the better and you will have more happiness and prosperity. It is also thought that a rabbit's foot will help avoid rheumatism and cramps.

Ambition is pitiless. Any merit that it cannot use it finds despicable (ER)



RECIPES

Banana Split Dessert

2 cups crushed graham cracker crumbs
2 cups sifted conf. sugar
2 sticks oleo
1 egg
1 large can crushed pineapple , drained
2 large bananas, sliced lengthwise
1 pint whipping cream or whipped topping
Mix graham cracker crumbs, 1 stick oleo and press into bottom of 9 x 13 pan. Whip conf. sugar, 1 stick oleo, and egg until creamy. Spread over the crust. Spread pineapple and bananas over this mixture. Cover with whipped topping. (Sprinkle with chopped nuts and cherries.) Chill the main dessert overnight.

Peanut and Candy Brownie Pizza

1 pkg (21.5 oz) Pillsbury Brownie mix
2 tbsp flour
1/3 cup water
1/4 cup oil
1 egg
1 cup mini marshmallows
1/2 cup M&M's
1/2 cup chopped peanuts
1/3 cup caramel ice c topping
Heat oven to 350. Combine brownie mix, flour, water, oil, and egg. Beat until well mixed, by hand. Place on round baking stone and spread into a 14 inch round circle. Bake 15 to 20 minutes. Do not over bake!!! Immediately sprinkle with marshmallows, candy, and peanuts. Cool for 20 minutes. Drizzle with caramel topping. Cut into squares. 16 servings.

ENTERTAINMENT

The Greatest American Hero

“The Greatest American Hero” is a fabulous television series. It’s a concept created by the late Stephen J. Cannel. After the cancellation of “Ten-speed and Brown shoe”, Marcy Carsey and Tom Werner approached Stephen about creating a superhero show. Stephen was already kicking around the idea with two fellow writers. Their idea included a superhero with a super suit from outer space.

Stephen spoke with Marcy and Tom and agreed to do the show on one provision: The powers must be in the suit, not in the guy. They agreed to it. “The Greatest American Hero” premiered on March 18, 1981 to an impressive 45 share. William Katt played the lead role of Ralph Hinkley, whose life was turned upside down when he was given the suit. Ralph was trying to balance being a superhero with his day job as an FBI agent. Bill Maxwell, was Ralph’s partner, and Connie Selleca portrayed Ralph’s girlfriend, Pam Davidson, a successful lawyer.

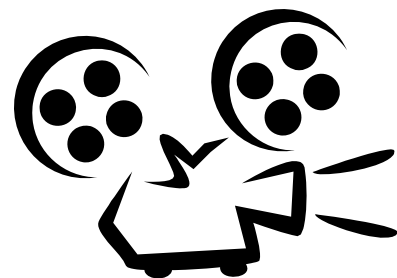
The show was basically character driven comedy with plots being worked into it. The show got off to a great start. The theme song of the show “Believe It or Not” by Joey Scarbury made it to the #2 on the billboard charts.

Over the course of the next two seasons, Cannel got into one verbal fight right after another with ABC over the direction of the show. After the show was sold, Marcy Carsey and Tom Werner left ABC and the new regime at the network wanted Ralph to chase monsters, through the Saturday morning cartoon type of show, opposite of what Cannel wanted. It got to be too much. During the third year, ABC moved the show to Friday nights at 9 pm EST. The show’s ratings suffered due to the butting heads with “Dallas” on CBS as well as NBC newest sensation, “Knight Rider”. Later on in the season, the show was moved to Thursday at 8 pm, opposite “Magnum P.I. The series was cancelled with 4 episodes left unaired. Those remaining episodes would later be seen in syndication. The series did very well in syndication. They received an offer from Brandon Tartikoff, who was head of programming at NBC to revive the series, however it was not possible.

In the summer of 1986, they attempted to make “The Greatest American Heroine” in which a female character wears the suit. It was never picked up as a full series, and the pilot was never aired.

Today, the series enjoys an incredibly loyal following. It has done very well on DVD and it has a widely popular Facebook page. I really love this show and here’s to Stephen J. Cannel and to “The Greatest American Hero”.

Listen to the quiet.
Does it yell to you or is that too xtreme?
Open yourself to the truth within and love yourself
You guess or understand?
This might sound like a joke
And it’s not always fun
But it is a necessary evil
If you ever want to be at peace with yourself
Has that peace been evasive?
Listen to the quiet.
By: Heather S





JOHNSONBURG

When you think of the word Johnsonburg, most people think phew. Johnsonburg, PA is known for its smell, and until I read Round the Square in the Bradford Era one morning, I thought that the smell from the paper mill is the only thing about Johnsonburg.

I learned, surprisingly, that Johnsonburg is connected to the world of science fiction and fantasy.

Popular 1970's recording artist Meco who became famous for his disco version of the Star Wars theme was born and raised in Johnsonburg.

Paper used in the Harry Potter books (American printings) came from Johnsonburg. The word SciFi came from, Michael Hoiwman, who was raised in Johnsonburg. So, next time you travel through Johnsonburg holding your breath, think this is a famous town.

By: Terry

By Roger N.

Bi-Polar

She is now in her mid-40s and suffers mood swings with her Bi-Polar diagnosis.

Doris (not her real name) attends the Dickinson Mental Health Psychiatric Rehabilitation program and has made progress. "I'm more relaxed now. I'm talking to people (here) and they are almost like friends," she explains.

Doris has not had a happy life. She says that with her Bi-Polar in school she was teased by the other students. She graduated from high school when she was four-months pregnant with no husband.

Men have been abusive to her. One slammed her small son up against a wall several times. She has found religion to be a small consolation. "I was brought up to believe that church would help," but it didn't help my marriage.

Things are looking up at last! Besides talking to friends, she is sharpening her skills such as cooking at psych rehab. She says for fun she loves to crochet.

How I'm staying healthy; One member's story.

I keep track of what I eat, cut my portions in half. I'm following Barb's weight class, and deciding which diet to choose. I am eating healthier, eating more vegetables and fruits. I have learned that breakfast is the most important meal of the day.

I walk every day, and I drink plenty of fluids. I check my sugar two times a day—faithfully.

It's a daily process, but one that I'm more committed to now that it's a part of my recovery plan.

Your Pet or Your Mate?

There was an interesting survey in the paper that asked men and women if they had to get rid of their pet or their mate, which would go? Eighty-four per cent said they would hold onto their spouse or significant other and 14% said they would keep their pets.

More married couples would keep their mate and more singles would keep their pet. Twenty-five per cent of singles keep their pet versus 8% married would rather keep their pet. It all depends and boils down to the experiences men and women have had with their pets and their spouses. One man said he has had many women let him down in his life, but his dog never has.

Women are far more likely than men to say the choice is a tough one. Forty per cent of women compared with 26% of men. There was

no difference between cat and dog owners. Thirty-five per cent of each said the choice would be a hard one and more than 8 in 10 would choose their spouse. Again it depends on whether your dog or cat causes you problems such as running away, biting., etc, whether you would give your pet or your spouse.

Some 57% of adults have actually had to give up a pet in their lives. Sixty-nine per cent said their pet was sick, or they or someone in the family was allergic to a pet. Boiling it all down, it seems for most people the decision to give up either pet or spouse.



Contact your Congressman

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Senators

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FUN

Easter Bunny History

The Easter bunny has its origin in pre-Christian fertility lore. The Hare and the Rabbit were the most fertile animals known and they served as symbols of the new life during the Spring season.

The bunny as an Easter symbol seems to have its origins in Germany, where it was first mentioned in German writings in the 1500s. The first edible Easter bunnies were made in Germany during the early 1800s. These were made of pastry and sugar.

The Easter bunny was introduced to American folklore by the German settlers who arrived in the Pennsylvania Dutch country during the 1700s. The arrival of the "Oschter Haws" was considered "childhood's greatest pleasure" next to a visit from Christ-Kindel on Christmas Eve. The children believed that if they were good the "Oschter Haws" would lay a nest of colored eggs. The children would build their nest in a secluded place in the home, the barn or the garden. Boys would use their caps and girls their bonnets to make the nests. The use of elaborate Easter baskets would come later as the tradition of the Easter bunny spread through out the country

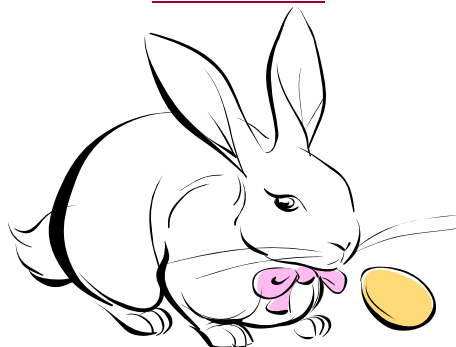


Easter Around the World

Easter in United States of America

Easter in the US is celebrated in many different ways by many different religions. Mostly it is celebrated with traditional church services and family festive celebrations. On Easter Sunday in New York and other cities, large street parades are held where people show off their new clothes and Easter bonnets. The parade is often led by someone carrying a candle or a cross. American children play a game called [Easter Egg Roll](#). The world's most famous Mardi Gras carnival is held each year in New Orleans. It has parades, jazz bands and parties where everybody dresses up and joins in the fun. Groups of people called *krewes* prepare decorated floats with a Mardi Gras king and queen. Mardi Gras means 'Fat Tuesday' and only refers to Shrove Tuesday. The day after Mardi Gras is Ash Wednesday, the beginning of Lent.

Easter is a time to eat special foods. In US it is baked ham, potatoes and vegetables. In the US at Easter [Hot Cross Buns](#) are served as well.



Q: What do you call rabbits that marched in a long sweltering Easter parade?

A: Hot, cross bunnies.

Q: What do you call Easter when you are hopping around?

A: Hoppy Easter!

Q: What do you call a duck that just doesn't fit in?

A: Mallardjusted.

Q: What do you get when you cross a chicken and the Easter Bunny?

A: A good Easter.

Q: What do you call a duck who plays basketball?

A: A slam duck.

Q: Why was the rabbit rubbing his head?

A: Because he had a eggache! (headache)

Q: How do bunnies stay healthy?

A: Eggercise

Q: What does a rooster say to a hen he likes?

A: Your one hot chick!

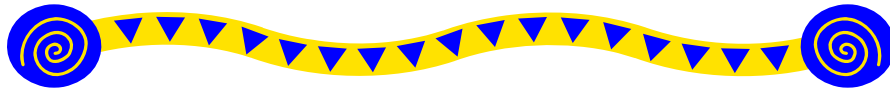
By Roger N.

The H.O.P.E. (Help Others Promote Empowerment) panel will be speaking for this year's Mental Health Awareness Month on May 17, at the Family Support Group at 9 Main St.

The group of speakers is dedicated to reducing the stigma of having a mental illness by showing the trials and triumphs in their own lives as mental health clients. These triumphs include the lessening of hearing "voices," getting paying jobs and volunteering in the community. Members of the panel share their insights into the various mental illnesses ranging from Obsessive Compulsive Disorder to Major Depression to show that the mental illnesses can be treated much as physical problems and that a diagnosis does not define the person having it.

The H.O.P.E. panel began in May of 2002. Six consumers from Dickinson Mental Health Center's Partial Hospitalization Program had their first speaking engagement at Fisher Hall at the University of Pittsburgh at Bradford (Pitt-Bradford). The presentation was open to the public and designated to coincide with "May Mental Health Awareness Month." Since then the speakers have shown their struggles with mental illnesses with many audiences at Pitt-Bradford, at Jamestown Community College in Olean, N.Y., Saint Bonaventure (N.Y.) University, the Rotary Club and Kiwanis Club, May Mental Health fairs and galas.

The panel's presentations have educated students, faculty and the general public in an effort, as stated above, to reduce and eliminate the stigma of mental illness



Saint Patrick and the Snakes:

Another tale about Patrick is that he drove the snakes from Ireland. Different versions of the story, tell of him standing upon a hill, using a wooden staff to drive the serpents into the sea, banishing them forever from Ireland.

One version says that an old serpent resisted banishment, but that Patrick outwitted him. Patrick made a box and invited the snake to enter. The snake insisted it was too small and the two argued. Finally to prove his point, the snake entered the box to show how tight the fit was. Patrick slammed the lid closed and threw the box into the sea.

Although it's true that Ireland has no snakes, this likely had more to do with the fact that Ireland is an island and being separated from the rest of the continent the snakes couldn't get there. The stories of Saint Patrick and the snakes are likely a metaphor for his bringing Christianity to Ireland and driving out the pagan religions



Saint Patrick, patron Saint of Ireland, was born in Britain to wealthy parents. At the age of 16, Patrick was taken prisoner by a group of Irish Raiders. They took him to Ireland where he stayed for six years as a slave. During this time he worked as a shepherd, outdoors and away from people. He returned to religion becoming a devout Christian. After six years he escaped. According to his belief, god's voice spoke to him and told him it was time to leave Ireland.

On his return to his family, he had a second revelation. An angel in a dream; told him to return to Ireland as a missionary. He studied for fifteen years and was ordained a priest. He was sent back to Ireland with a mission, minister to a few Christians. In Ireland he began to convert Irish by using bin fires to celebrate Easter since the Irish honoring their gods with fires.

Saint Patrick's Day, March 17· it is believed to be the date of his death. It is, a spectacular success. Converting the Irish from the Pagan religion to Catholic, and it makes all of us remember him.

By: Caroline and Patty

About Saint Patrick's Day

Saint Patrick's Day is celebrated each year on March 17th. In Ireland, Saint Patrick's Day is both a holy day and a national holiday. Saint Patrick is the patron saint of Ireland as he was the one who brought Christianity to the Irish.

According to legend, Saint Patrick used a shamrock to explain about God. The shamrock, which looks like clover, has three leaves on each stem. Saint Patrick told the people that the shamrock was like the idea of the Trinity – that in the one God there are three divine beings: the Father, the Son and the Holy Spirit. The shamrock was sacred to the Druids, so Saint Patrick's use of it in explaining the trinity was very wise.

Although it began in Ireland, Saint Patrick's Day is celebrated in countries around the world. People with Irish heritage remind themselves of the beautiful green countryside of Ireland by wearing green and taking part in the festivities.

Saint Patrick's Day is usually celebrated with a parade. The one in Dublin, Ireland is known to some as the Irish Mardi Gras. The one in New York City is actually one of the biggest. It lasts for hours. Two Irish wolfhounds, the mascots of the New York National Guard infantry regiment the "Fighting 69th", always lead the parade. More than one hundred bands and a hundred thousand marchers follow the wolfhounds in the parade.

Happiness is not a goal, it is a by-product.

Hate and force cannot be in just a part of the world without having an effect on the rest of it.

Have convictions. Be friendly. Stick to your beliefs as they stick to theirs. Work as hard as they do.

I believe that anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experience behind him.

I have spent many years of my life in opposition, and I rather like the role.

I once had a rose named after me and I was flattered. But I was not pleased to read the description in the catalogue; no good in a bed, but fine up against a wall.

Friends smile at you -

They like your face -

They want to be with you -

Any old place.

Friends have fun with you -

Friends share -

They're glad when you're happy -

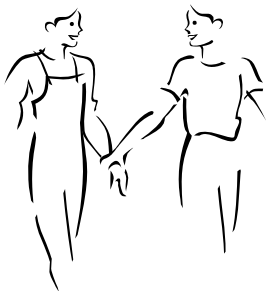
When you're sad, they care.

If you're a friend -

Then you care, too -

That's why your friends

Are glad you're you!



Community Speakers

We take great pride in bringing the best speakers in the community to grace us with their presence. Some recent examples of the greatness of our community have included Jayne Peterson, of *The Guidance Center (TGC)*. Jane came and talked to us about various services that are offered through TGC, such as wrap around, the warm line, various children and adult services and the popular STEPS drop in center.

Additionally we had the pleasure of meeting Diane Brooks and her daughter Jamie. They talked about Dom Care services and how one could go about getting these services if needed. They also discussed what life is like in a Dom care home. I distinctly remember her saying that the state of Pennsylvania is blessed to have a great Dom care system, unlike some other states such as Arizona.

We also had the enjoyment of meeting Anita Dolan, the Main Street manager. She discussed various events that occur in downtown Bradford. She also brought up various businesses in the downtown area, and stated to us that they are always looking for ideals to be brought forward that anyone might want to see in downtown Bradford.

Then we had the opportunity to meeting the Chamber of Commerce director Ron Orris, he talked about what his duties were and some of the programs that they help local businesses obtain funding that might be needed.

Mary Ann Polucii-Sherman also visited STARS. She talked about suicide prevention, the new hospital umbrella Upper Alleghany Health Systems, and the push to enhance services. This includes trying to get consumers through the ER faster including expediting admission to the psych unit and better customer services through education and awareness.

Mary Ann has been employed at the hospital for a number of years as a licensed psychologist. She is very outgoing, friendly, compassionate, and understanding. She was very well received by our group and we enjoyed having her speak.

Survivors

By Terry

You may have heard about a man several months ago who fir stuck in the mountains, more specifically he for his arm stuck, and in order to survive he cut his arm off with a pocket knife.

I was watching, "minute to win it" on TV one night and a man was playing for charity. This man had one arm and was Aaron Ralston. The man who cut off his arm to be free of the boulder that had trapped him. This is his story.....

Aaron took off one day from home to hike and tide his mountain bike in the hills. He did not tell anyone where he was going. While hiking/riding in the mountains he slipped and fell down into a 15 foot deep crevice, and a boulder also fell into the same crevice trapping fid arm.

His mother became alarmed after he didn't return and the forest service sent out land and air search. After 5 days of searching and finding nothing, but his trucked parked in a parking lot the forest service rescue team expected to fund just a body or nothing out there.

After 5 days of struggling to free him from the crevice in the mountains would be his grave. So, he cut off his arm used something shirt sleeve or belt or rope, I'm not sure, fir a tourniquet. He had to climb out of the crevice, rappel down a cliff and would have gas a mile walk to civilization except a rescue helicopter just happened to be there and took him for medical attention. It was a miracle the helicopter just happened to be there.

Survivors come in all walks of life may be not so dramatic stories as this, but nevertheless survivors making it through all the misery life is able of throwing at one makes many people survivors.

