

Recovery is Possible!

PROSUMER—A PERSON WHO IS PROACTIVE IN HIS OR HER RECOVERY AND WHO PROVIDES OR GIVES BACK TO THE COMMUNITY.



A Prosumer is not who you are, it is what you do!

PROSUMER NEWS

March

2010

Janet Paleo—Editor

Volume 8, Issue 03

Day Time Prosumer meeting

The 2nd Friday of the Month
12 Noon to 3 PM
UTHSC School of Nursing
All Welcome!
7703 Floyd Curl—Enter at the Louis Pasteur entrance near Babcock, Buses 91, 92

March 12, 2010 Meeting

Spring is the time for new beginnings. Time to clean out the cobwebs, both in your home and in your mind. Come learn how you are more than symptoms and how to begin your life fresh, full of hope and happiness. It will be a meeting of introspection and discovery. You don't want to miss it.

April 9, 2010 Meeting

In our growing process, we realize that we need better materials to help us explain who Prosumers are and what we do. At this meeting you will help us create materials that tell us these things. If you are new, you will be able to hear from others and then help us design brochures, bookmarks and other materials that we can give out to tell people who we are and what we do. It is going to be fun re-living past events as well as looking toward the future. Come be with us. Also we will be celebrating our 9th Anniversary, a perfect time to reflect and to move towards a new tomorrow. I look forward to seeing you there.

If you would like meetings to be interpreted in American Sign Language or Spanish, please notify us 5 working days prior to the meeting. **Prosumer meetings start with food, so please remember to RSVP to 210-653-5267 so that we have enough food to feed everyone. Remember: first come, first serve. We will see you there!!**

You have asked for it and it is here. **We are moving back to the UTHSC School of Nursing for the day meeting.** Although for the first couple of months there will be some changing of rooms, we will be back where it is more convenient for people to get to. **At this time there IS a charge for parking.** We are working to see if we can either get the fee waived or find a sponsor to cover the parking fee. See Map Below

Evening Prosumer Meetings

The 3rd Tuesday of the Month
6 PM to 9 PM

La Paz Community Health Center
Park in the back. The gate may look closed, but someone will be there to open it until 6:30. Stop outside the gate if it is closing. Call 210-535-5456 if the gate won't open.

530 San Pedro (just south of SAC)

Buses 4, 92

March 16, 2010

Evening Meeting

Spring is the time for new beginnings. Time to clean out the cobwebs, both in your home and in your mind. Come learn how you are more than symptoms and how to begin your life fresh, full of hope and happiness. It will be a meeting of introspection and discovery. You don't want to miss it.



The Prosumer meeting is at the school of Nursing located at 7703 Floyd Curl Drive, however, the Louis Pasteur entrance is closer to the actual nursing school. On Louis Pasteur, enter at the third entrance at the Guard gate. The officer can direct you to parking. The guards also have maps of the campus if you would like. If you take the bus, you will need routes 91 or 92. There will be signs directing you to the room we will meet in.

Planting a New Texas Consumer Group

Many people have talked about how to bring about a new consumer group to Texas since the doors shut at the Texas Mental Health Consumers. The Ad Hoc Com. led by Jen Padron and Pam Hardin, set up several networking meetings for emerging consumer leaders at the USPRA/Texas conference Jan. 7-9, 2010. Dan Fisher, in his role as a member of the National Coalition of Mental Health Consumer/Survivor Organizations (NCMHCSO), pointed out that for Texas to join the Coalition they would need to have a consumer-run (run by consumers from top to bottom, though there still can be supporter roles for family members and youth) statewide group. The state department of mental health, NAMI of Texas, and MHA of Texas support this focus on the formation of a consumer-run organization, rather than an organization inclusive of family members and youth. The consumers present asked Dan to facilitate the formation of such a group. Once consumers are able to form their own statewide organization, they can then form a statewide coalition with family and youth groups on a more equal basis.

Dan suggested that the next step was to set up a small, 12-14 member group of experienced consumers, who would select the steering/planning committee for the future consumer organization. We came up with a tentative name for this smaller group, i.e. the Texas Consumer Seed Group. This will be the group from which will grow the plant and flower of the Texas Consumer Organization (the name and mission to be defined by the consumers. The job of the seed group is to select the larger, more geographically diverse planning/steering group, quite a task in our geographically challenged state. The planning/steering group will develop the by-laws, board of directors, 501c3 etc.

There is an urgency to grow leaders in Texas. The rights of our peers are trampled every day. Our peers are dying too young (estimated 29 years earlier) and many of our peers who ask for help are denied or turned away. Our peers survive life without knowing that recovery is possible. Our peers are sleeping on the street because they cannot find help or they don't trust the help that is being given. We must grow the leadership so that with our peers we are standing, holding each other up, fighting for recovery shoulder to shoulder.

Although many people are concerned with housing, jobs, etc. for mental health consumers, for me this new organization has to be about so much more. This organization should not be a place to just get a job, create a job or be social. That may happen, but it is about advocacy in the truest sense of the word. It is about empowering people with knowledge, tools and guts to stand their ground on so many issues. It is about uniting our voices to rise above pharmaceuticals, politics, and the system designed to maintain us. It is about us recognizing that we are fully contributing citizens and we have a right to demand respect and have a voice. It is about us showing, modeling and supporting our peers to achieve their own recovery on their own terms.

We have had a void of leadership in Texas for some time. Leaders have not been encouraged. There is very little knowledge that there is a national consumer movement or even what that means. By joining the NCMHCSO Texas consumers can have a voice in the federal policies affecting Medicaid, Housing and Urban Development and Social Security Administration, and in so doing can enable consumers to lead full lives in the community. There is a huge learning curve for many. Begin the process of looking within yourself to see what this organization could mean to your peers, to yourself. What would you like it to look like? It is my hope that we can have a Texas Consumer Conference by Texas consumers, where we could do official enrollment and engage in conversations about how to unite our voice as one in Texas. As this continues to unfold, we will keep you informed.

"We are the ones we have been waiting for" - Seen on a button

Facing Fear

When you look back at your life, do you ask yourself where time has gone? Do you wish for another vision of your life? Every decision that you have made has gotten you where you are today. Do you remember wishing for a different decision at some point? Do you go or do you stay? The question is still fresh in your mind. Fear could have played a role in those decisions.

Facing fears, (and all of us have them) is one thing, changing it is all together a much more difficult and challenging decision.

Living your life conscienceless and intentionally, which always involves facing your fears, will cause you to rise to the occasion and challenge that fear to become a stronger person; one that you never thought possible. By overcoming your fear, whatever that may be, change is inevitable

Feeling stuck or trapped in any situation causes frustration and anxieties. Being in a bad relationship, a lousy job or just plain bored with your life are easy to complain about. The bigger question here is why haven't you tried to change it?

We are generally our own worst enemy. Lack of motivation, fear comes from underlying depression. Even life long habits of feeling helplessness keeps us from making a plunge. Sound familiar? If so, further reading will help you to think about changes.

Change, no matter how small can cause overwhelming feelings. To overcome resistance, the best approach is to break the task down into smaller and simpler steps. For example: If I wanted to change careers, I wouldn't just quit my job and then try for a job in a completely different field. My first step would be to take a night class that was related to the new career and test the water to see if I even liked it. Validating your new interest with a small beginning is the first step.

Most importantly, honestly examine your life. Does it allow you the creativity, love, security and artistic growth you want? If you don't know the answer to these questions, be careful you don't end up right back where you started. Stuck and unhappy. Give yourself the time to dream and put a plan together to face your fears one at a time and take a bold step into a new life for your future.

S.A.L.S.A.

San Antonio League of Self-Advocates

*An organization of people with
intellectual disabilities,
speaking up
for their human and civil rights*

All are welcome at
our meetings.

We meet on the 1st
Tuesday of the month.

Meeting Dates Are:

March 2, 2010

April 6, 2010

May 4, 2010

June 8, 2010

Time of Meetings

6:00-7:30 p.m.

Meetings are held at
Brighton, the Center for
Inclusive Communities

14207 Higgins

(One-half mile west of
Nacogdoches, between
Thousand Oaks and
O'Connor)

For More Information call

Judith Laufer, Advisor

210-828-7125

Home Comforts

A small non-profit which works to help people with mental illness who are moving into independent housing with household furniture and cleaning supplies. They need volunteers who can do physical labor of moving furniture. If you would like to help, please call 222-8736.

To use these services, have your case manager call 222-8736 for more information, or e-mail bex-arhomecomforts@satx.rr.com. Brochures and applications for assistance are available on request at the same contact number.

www.bexarhomecomforts.com

**Mental Health Support Group.
Meets at St. George Episcopal
Church**

**located at 6904 West Avenue
in Conference Room.**

Every 2nd Wednesday at 7 pm.

Call 342-4261 for more info

Joyz of Artz Now at the Action Center

Joyce of Joyz of Artz will be giving art lessons at the Action Center for Prosumers on Mondays from 11-12 and on Wednesdays from 11-12. There is a \$5 charge for you to keep your canvas or you can opt to put your painting up for sale and Prosumers will keep 60% and you will receive 40%. You can bring your own canvas and there will be no charge for use of brushes, paints or instruction. Call 210-212-6586 ext 210 for more information.

**Prosumer Action
Center is now an Art
Gallery as well. Come
check out the awe-
some paintings lo-
cated throughout the
building. Find that
special unique gift
for your office or for
a friend. Open 10 am
to 3 pm.**

ADVOCACY



INCORPORATED

WHO IS ADVOCACY, INC.? Advocacy, Inc. is a disability legal rights organization that advocates for the legal, human and services rights of individuals with disabilities in Texas.

WHAT: We invite individuals with disabilities, family members, other advocates and providers of services to come to a public forum to tell us what your service and legal needs are and how Advocacy, Inc. can better serve individuals with disabilities.

WHEN: Wednesday, March 10, 2010 from 4:00 p.m. – 7:00 p.m.

WHERE: Christ Episcopal Church, 510 Belknap, Parish Hall, San Antonio, TX 78212. Telephone (210) 734-3349.

REFRESHMENTS WILL BE SERVED

The location is on a bus route.

Spanish and sign language interpreters will be available.

Please call 72 hours before meeting if you need any other disability-related accommodation at 210-737-0499 or 1-800-880-8401.

**We are the ones
we have been
waiting for!**

2010 March 2010

	MON	TUE	WED	THUR	FRI	SAT
	March 1 Joz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	March 2 Skill Building 1-2 @ AC	March 3 <u>Prosumer Action Center Closed for Vocational Conference</u>	March 4 <u>Prosumer Action Center Closed for Vocational Conference</u>	March 5 Journaling 10:30-11:30 @ AC	236
7	March 8 Joz of Artz 11-12 @AC South Africa Conf Mtg 11-12 @ AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	March 9 Skill Building 1:00-2:00 @ AC NAMI 7 pm 510 Belknap	March 10 Joz of Artz 11-12 @AC Game Day Social Event 1-3 AC Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261	March 11 Arts & Crafts 10-12 @ Action Center Exercise with Robin 1-2 AC	March 12 Prosumer Action Center closed for all to attend the Prosumer Meeting 12-3 @ School of Nursing	3/13 IPS Training 9-4:30 in Austin
14	March 15 Joz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	March 16 Skill Building 1-2 @ AC Prosumer Evening Meeting 6-9 LA PAZ 530 San Pedro	March 17 Joz of Artz 11-12 @AC St Paddy's Day Social Event (wear green) Party 1-3 AC	March 18 Arts & Crafts 10-12 @ Action Center Exercise with Robin 1-2 AC	March 19 Journaling 10:30-11:30 @ AC IPS Training 12-4@ AC	3/20
21	March 22 Joz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	March 23 Skill Building 1-2 @ AC	March 24 Joz of Artz 11-12 @AC Bingo Bonanza Social Event 1-3 AC	March 25 Arts & Crafts 10-12 @ AC Exercise with Robin 1-2 AC	March 26 Journaling 10:30-11:30 @ AC IPS Training 12-4@ AC	3/27
28	March 29 Joz of Artz 11-12 @AC Laughing Qigong 2:00-3:00 @ AC DBSA 7 pm @8026 Floyd Curl	March 30 Skill Building 1-2 @ AC	March 31 Joz of Artz 11-12 @AC Easter Egg Decorating Social Event 1-3 AC	April 1 Arts & Crafts 10-12 @ AC Exercise with Robin 1-2 AC	April 2 Journaling 10:30-11:30 @ AC IPS Training 12-4@ AC	4/3

PLEASE CALL AND VERIFY time and place prior to going to any of the meetings. Most Numbers are on the next page.

Prosumer Numbers

February 12 SA Prosumer Day Meeting 19 in attendance
February 16 SA Prosumer Evening Meeting 12 in attendance
February 4 HOU Prosumer Meeting 51 in attendance
Prosumer Newsletter circulation 2,330

Prosumer Action Center January Numbers

Ten (10) volunteers provided 322.25 hours
Held public education on & increased awareness of MI to 33 people
Outreach occurred to 92 consumers and families
Empowered 14 consumers to become self-sufficient
Referred 2 people to services in the community
53 people attended groups at the Action Center
52 unduplicated people served at the Action Center this month
A total of 149 services were provided

Focus for Life Training FY'10

40 people have completed full curriculum
30 people attended completed a partial training
Trainings scheduled:
March 29-31 in Austin

Intentional Peer Support FY'10

None currently scheduled

**Second Annual Meeting in Psychiatric Rehabilitation
Engaging Hispanics with Mental Illness:
Recovery-Oriented Psychiatric
Vocational Rehabilitation Interventions
March 3 & 4, 2010 at the Port of San Antonio
RSVP to Sara Maldonado
210-731-1300 ext 317**

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**First International Crisis Intervention Team
(CIT) Conference
In San Antonio at the Marriott River Center
May 31- June 3rd, 2010**

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**16th Annual South Texas Family Support Conference
Inn of the Hills at Kerrville, Texas June 15-17, 2010**

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**National Conference on Volunteering and Service
June 28 - 30, 2010, in New York, New York
at the Hilton New York and Sheraton New York**

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**4th Annual National Peer Specialist Conference
August 23-25, 2010 in Chicago, Illinois
At the Westin Yorktown-Lombard**

CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

Prosumer Action Center (AC) – located at 1921 Burnet, Office Manager, Michelle Mata 210-212-6586, ext. 201 FAX 210-212-9081
www.ProsumersInternational.org , Mailing Address: PO Box 120394, San Antonio, TX 78212
 Alternate Phone number 210-653-5267 to RSVP for meetings
Day Meeting Christ Episcopal Church 510 Belknap (Where NAMI Meets) from 12-3
Evening Meeting at La Paz on 3rd Tuesday of the Month, 530 San Pedro from 6-9

24/7 Crisis Clinic—Address is 527 N. Leona 2nd Floor (the Brady Green). 210-225-5481 .

Crisis Hotline for people feeling suicidal, homicidal or people not doing well mentally 210-223-7233 or 1-800-316-9241 .

CHCS - Center for Health Care Services address is 3031 IH 10 West (Central Office) 210-731-1300

BHPNAC—Behavioral Health Planning & Networking Advisory Committee
 for individuals with mental health and/or substance abuse issues

These committees are open to the public and will receive public comment. If you are interested in serving on one of these committees, contact: Evelyn Sanchez at 210-731-1300 ext 269

CHCS Adult Mental Health Intake—210-223-4061

Children's Clinic —Address is 711 E. Josephine 210-299-8139

Children's Clinic for Eligibility/Enrollment—Address is 1200 Broadway 210-223-4061

Burnet Clinic - Address is 1920 Burnet 210-227-3401

Palo Alto Clinic—Address is 2711 Palo Alto Road 210-533-2577

North West Clinic—Address is 9502 Computer Dr # 101 210-615-5700

Zarzamora Clinic - Address is 806 S. Zarzamora 210-434-7001

Advocacy Inc. - Address is 6800 First Park Ten Blvd. 210-737-0499 www.advocacyinc.org

Support Alliance for Mental Health (of South Texas) www.samentalhealth.org Send info about all peer support groups and other events to normansbrother@rocketmail.com.

DARS (Formerly TRC) Help individuals with disabilities obtain and maintain employment. For services call 1-800-628-5115

DBSA --Depressive Bipolar Support Alliance meets at 8026 Floyd Curl 210-945-0689

Texas DBSA Phone: (512) 407-6676, Toll-free: 1 (866) 327-2839, Fax: (281) 480-4333, P.O. Box 591342, Houston, TX 77259-1342

Fair Housing Council of Greater San Antonio- Address 4414 Centerview Drive, Suite# 229 210-733-3247 Office

Home Comforts —210-222-8736 for help getting furniture and cleaning supplies.

NAMI SA - National Alliance on Mentally Illness of San Antonio 210-734-3349

Mental Health Support Group — St. George Episcopal Church 6904 West Avenue 210- 342-4261 for more information

Peer-to-Peer and Family Support Group -San Juan de los Lagos Church at 3231 El Paso St. Call 210-734-3349 for more information

SAILS - San Antonio Independent Living Services address is 1028 S. Alamo Drive 210-281-1878

VIA Metro Center — Address is 1021 San Pedro 210-362-2020 Monday - Friday 7:00 a.m. - 6:00 p.m. Call for help with bus schedules and bus transfers.



Our Elected Officials

SENATOR LETICIA VAN DE PUTTE,
 SENATE DIST 26
 700 N. Saint Mary's St., Suite 1725-A, SA, TX 78205
 (210) 733-6604 Closest Bus Route: 30

REPRESENTATIVE TREY MARTINEZ FISCHER,
 HOUSE DIST116
 1910 Fredericksburg Road, SA, TX 78201
 (210) 737-7200 Closest Bus Route: 92, 91

REPRESENTATIVE JOE STRAUS,
 HOUSE DIST 121
 7373 Broadway Suite 202A SA, TX 78209
 (210) 828-4411 Closest Bus Route: 9, 10, 505, 647

REPRESENTATIVE, JOE FARIAS
 HOUSE DIST 118
 601 S. Seguin Road Converse TX 78109
 210-659-9071 Closest Bus Route: 21, 639

SENATOR JUDITH ZAFFIRINI, SENATE DIST 21
 12702 Topperwein, Rd. Suite 214, SA, TX 78233
 (210) 657-0095 Bus Route 640 stops 1 1/2 miles
 away from Zaffirini's Office

SENATOR CARLOS I. URESTI, SENATE DIST 19
 2530 SW Military Drive, Suite 103, SA, TX 78221
 (210) 932-2568 Closest Bus Route:551, 550, 520

REPRESENTATIVE ROLAND GUTIERREZ
 HOUSE DIST 119
 3319 Sidney Brooks Bldg. 510 Suite 2 SA, TX 78235
 (210) 532-2758 Closest Bus Route: 34, 20

REPRESENTATIVE FRANK J. CORTE,
 HOUSE DISTRICT 122
 2040 Babcock Rd., Ste. 402, SA, TX 78229
 (210) 349-0320 Closest Bus Route: 91, 92 522, 532

REPRESENTATIVE RUTH JONES MCCLENDON,
 HOUSE DIST120
 403 South WW White Road, Suite 210, SA, TX 78219
 (210) 225-2107 Closest Bus Route: 25, 550

SENATOR JEFF WENTWORTH,
 SENATE DIST 25
 1250 N.E. Loop 410, Suite 925 SA, TX 78209
 (210) 826-7800 Closest Bus Route: 10

REPRESENTATIVE DAVID LEIBOWITZ,
 HOUSE DIST 117
 9107 Marbach Road Suite 111, SA, TX 78245
 (210) 645-4400 Closest Bus Route: 613, 615

REPRESENTATIVE JOAQUIN CASTRO,
 HOUSE DIST 125
 6100 Bandera, Ste. 130, SA, TX 78238
 (210) 684-6896 Closest Bus Route: 88

REPRESENTATIVE MIKE VILLARREAL,
 HOUSE DIST123
 1114 S. Saint Mary's Suite 110 SA, TX 78210
 (210) 734-8937 Closest Bus Route: 34,36,42

REPRESENTATIVE JOSE MENENDEZ,
 HOUSE DIST 124
 7121 US Hwy. 90 West, Suite 240, SA, TX 78227
 (210) 673-3579 Bus Route: 616

Useful Websites and Links

An Online Wellness Tool

www.ProsumersLightaCandle.org

Recovery TV

www.WorldTV.com/RecoveryTV

The Prosumer website

www.ProsumersInternational.org

PRO International for Empowermentware

www.TheProInternational.com

National Consumer/Survivor Coalition

www.ncmhcsso.org

The Center for Health Care Services

www.CHCSBC.org

A website for all TX government departments

www.texas.gov

National Empowerment Center a consumer

technical Assistance Center www.Power2u.org

Depression and Bipolar Support Alliance

(DBSA) www.dbsalliance.org

Mental Health America of Texas

www.mhatexas.org

Texas Legislature Online

<http://www.capitol.state.tx.us>

Texas Administrative Code where you find the laws pertaining to the running of MHMR Centers

<http://www.sos.state.tx.us/tac/>

The Texas Election Division to find voter information, and candidates

<http://www.sos.state.tx.us/tac/>

Substance Abuse Mental Health Services Administration

www.SAMHSA.gov

Mental Health Self Help Clearinghouse

<http://mhselfhelp.org/>

Website for Medications, Assistance Programs, Discount programs

www.needymeds.com

TX Department of Housing and Community Affairs

<http://www.tdhca.state.tx.us>

Patient Assistance with Medications

<http://www.phrma.org/>

Free Online Computer Classes through Global Community Foundation

www.gcflearnfree.org/

For more information specific to their current situation and the transition to Medicare Rx

www.texasmedicareRx.org

Blog for discussion of mental illness in veterans by Dr. Maria Felix-Ortiz

www.bexarinmind.org

Assistance with household goods for people with chronic mental illness. Home Comforts

www.bexarhomecomforts.com

NAMI

www.nami.org

Helping with your Personal Medicine in San Antonio

SAN ANTONIO MUSEUM OF ARTS

200 W. Jones Ave. 978-8100

Free Admission on Tuesdays 4-9 pm

www.samuseum.org

WITTE MUSEUM

3801 Broadway 357-1900

Free Admission on Tuesdays 3-8pm

www.witemuseum.org

SALON MEXICO

4707 Broadway- Basic Latin dance lesson every Friday 7-8pm with social dancing until 10:30pm in the Garden Room in the Villa @ Incarnate Word - **\$3.00 donation** covers lesson and dancing. Lesson is repeated on the following Monday 7-9pm at an intermediate level for those who want to learn more about the dance. **\$5.00 donation.** www.salonmexico.20m.com

MEXICAN AMERICAN UNITY COUNCIL & THE OFFICE OF CULTURE AFFAIRS

978-0500 ask for Sylvia. **Free** Adult & Senior Canvas Painting Art Classes Westside and Northside of San Antonio

“DANCE THERAPY” DANCE YOUR DEPRESSION AWAY INC.

The Neighborhood Place El Hogar de los Vecinos 3014 Rivas St. Ballroom Suite 431-7500 **Free** Every Wednesday 5:30-7pm Punctuality Required Leather Soles shoes. No Partner Necessary No Tennis shoes

THE MCNAY

6000 N. New Braunfels 824-5368 **Free Admission** on Thursdays 4-9pm and 1st Sunday of the Month www.mcnayart.org

Old School Gamers

All community seniors and adults come join the fun at the Lincoln Community Center. Various games along with refreshments. Workout room available as well. **FREE to participants.** Monday, Tuesday and Friday 2 pm—6 pm. Call Dora or Esther at 210-271-7741 for more information.

Bazan Branch Library

Beginning Guitar in Spanish. 2200 W. Commerce, San Antonio 78207. 12pm on Saturdays. Bring own Guitar. **Free**

Lincoln Community Center Sewing Class

2915 E. Commerce. Wednesdays from 3:30-5:30 pm. Call 210-271-7741 for more information.

Pan American Branch Library Tai Chi

1122 W Pyron Avenue 78221. Free. 6:30 pm on Mondays. Wear loose fitting clothes. Come in 5-10 min early. Call for info at 210-924-8164

Cinemark Movies 16

5063 N.W. Loop 410 (210) 210-522-9660

Can't beat the prices At Cinemark Dollar Movies!

Tuesdays - \$1 Admission all day All other days - \$1 first matinee. \$2 other matinees before 6 pm and evening shows

Memorial Branch Library

Family Fun Nights

3222 Culebra 78228. Stories and crafts. FREE! 1st and 3rd Tuesdays of the month at 6:30 pm. Call 210-432-6783 for more info.

Maverick Branch Library Maverick Knitters

8700 Mystic Park 78254. Sundays 2-5pm. FREE! Call 210-680-9346 for more info. or 210-921-7838.

MARCH 3, 2010

The Employment Guide's "Putting America Back To Work" Job Fair March 3rd

Before job seekers invest their time & gas money searching for a new job, they should come to The Employment Guide's Putting San Antonio Back To Work job fair event on March 3rd, 2010! Job seekers looking for employment with dozens of San Antonio's TOP companies can meet with these employers at the South Park Mall, 2310 SW Military Drive, San Antonio, TX 78224. The job fair hours are: 10:00am to 3:00pm.

At this event, employers will be looking to fill positions in: healthcare, customer service, hospitality, office, clerical, administrative, financial, sales, insurance, skilled trades, transportation, security and other industries. Positions range from professional/management to entry-level. Job seekers looking to re-train, continue their education or to just refresh their current skills can meet with several career training schools. A job fair is a great way for those who are employed to stay abreast of what other employers are offering.

For information: Visit <http://sanantonio.employmentguide.com> or simply pick up a copy of the Employment Guide. Job seekers can also visit <http://www.employmentguide.com> to search for job openings in San Antonio and post their resume online.

March 13

Solar cooking for Spring. Monika Salyer of Solar Cooking International will demonstrate how solar cooking is the simplest, safest, most convenient way to cook food without consuming fuels or heating up the kitchen. Learn about different methods and types of solar cookers. Make a mini solar cooker to take home. Second Saturday Program at Medina River Natural Area, 15890 Highway 16 South. 9 - 11 a.m. Donations suggested \$3 per person, \$5 per family. 624-2575 for reservations

March 16

Cinema Soledad Movie-Far and Away Central Library Auditorium Feel free to bring snacks. This film is intended for a mature audience. One hour free parking with a validated ticket. 210-207-2500

March 29

Jazz Fest Luncheon featuring a Mardi Gras Costume Contest and live music. 11:30 a.m. - 1:30 p.m. \$3. Pre-registration required. Commander's House, 645 S. Main. 224-1684

OBAMA ADMINISTRATION DETAILS HEALTHY FOOD FINANCING INITIATIVE



PHILADELPHIA - The Obama Administration today released details of an over \$400 million Healthy Food Financing Initiative, which will bring grocery stores and other healthy food retailers to underserved urban and rural communities across America. The initiative was announced today in Philadelphia by Treasury Secretary Tim Geithner and Agriculture Secretary Tom Vilsack. The two cabinet members appeared with First Lady Michelle Obama, who recently launched the Let's Move! campaign to solve the epidemic of childhood obesity within a generation. The initiative is a partnership between the Departments of Treasury, Agriculture, and Health and Human Services.

The Healthy Food Financing Initiative will promote a range of interventions that expand access to nutritious foods, including developing and equipping grocery stores and other small businesses and retailers selling healthy food in communities that currently lack these options. Residents of these communities, which are sometimes called "food deserts" and are often found in economically distressed areas, are typically served by fast food restaurants and convenience stores that offer little or no fresh produce. Lack of healthy, affordable food options can lead to higher levels of obesity and other diet-related diseases, such as diabetes, heart disease, and cancer.

Through this new multi-year Healthy Food Financing Initiative and by engaging with the private sector, the Obama Administration will work to eliminate food deserts across the country within seven years. With the first year of funding, the Administration's initiative will leverage enough investments to begin expanding healthy foods options into as many as one-fifth of the nation's food deserts and create thousands of jobs in urban and rural communities across the nation.

To help community leaders identify the food deserts in their area, USDA recently launched a Food Environment Atlas (www.ers.usda.gov/FoodAtlas/). This new online tool allows for the identification of counties where, for example, more than 40 percent of the residents have low incomes and live more than one mile from a grocery store. Nationwide, USDA estimates that 23.5 million people, including 6.5 million children, live in low-income areas that are more than a mile from a supermarket. Of the 23.5 million, 11.5 million are low-income individuals in households with incomes at or below 200 percent of the poverty line. Of the 2.3 million people living in low-income rural areas that are more than 10 miles from a supermarket, 1.1 million are low-income.

"Our effort to improve access to healthy and affordable food is a critically important step toward First Lady Michelle Obama's goal to solve the challenge of childhood obesity within a generation, said Agriculture Secretary Vilsack. "The Healthy Food Financing Initiative will enhance access to healthy and affordable choices in struggling urban and rural communities, create jobs and economic development, and establish market opportunities for farmers and ranchers."

Effective local programs, such as those in Pennsylvania, have shown that well-targeted financial and technical assistance can create viable businesses that provide healthier options in communities that lack access to healthy foods. These investments not only improve food options, but also create jobs, help revitalize distressed communities, and, importantly, open up new markets for farmers to sell their products, which can provide an economic boost to rural America. By better connecting producers and consumers, we can build a stronger connection between cities and rural parts of the country and help create new opportunities for farmers and ranchers. This initiative is part of a broader Obama Administration commitment to promoting economic recovery, including support for small businesses and job creation. It is also part of the Administration's efforts to revitalize neighborhoods and communities by employing place-based approaches-strategies that target the prosperity, equity, sustainability and livability of places.

"It's been a tough year for America, but for our middle class and distressed communities it's been a tough decade," said Secretary Geithner. "We're here to make sure that in America, where a child grows up doesn't determine whether they have access to a better-healthier-future. By introducing powerful incentives for private investors to take a chance on projects - like a new, healthier grocery store - we can make that difference for America's children, while creating new jobs and services in their communities."

Through the joint initiative, which was included in the President's Budget for 2011, Treasury, USDA, and HHS would make available more than \$400 million in financial and technical assistance to community development financial institutions, other nonprofits, and businesses with sound strategies for addressing the healthy food needs of communities. The initiative will make available a mix of federal tax credits, below-market rate loans, loan guarantees, and grants to attract private sector capital that will more than double the total investment. Federal funds will support projects ranging from the construction or expansion of a grocery store to smaller-scale interventions such as placing refrigerated units stocked with fresh produce in convenience stores.

"Encouraging people to choose fresh, nutritious food is important," said Health and Human Services Secretary Kathleen Sebelius. "But to achieve that goal that kind of food must be available, and in far too many parts of our country -- both urban and rural communities -- that's not the case. This collaborative initiative is a creative way to help solve that problem, while at the same time working to strengthen the economy of low-income communities through business development and job creation."

Fingerprints on my Heart

By Amanda D Mosley



They say that to touch someone is to feel the soul...

I wonder about the Fingerprints and the effect that it has on one's heart.

Does the Finger print bring about joy, anger, love, or hate, just to name a few...

I wonder if the Fingerprint makes you laugh, cry, hurt or feel fine...

I do know that a Fingerprint is always and forever on one's heart.

Can you actually see the Fingerprints on one's heart?

I think so. I imagine them in bright, vivid colors.

How many Fingerprints can one heart hold for a lifetime?

I wonder how many Fingerprints I have left on the hearts of those I have touched.

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.
Mark Twain

Surgeon General with Microsoft HealthVault Expands Consumer Benefits for the My Family Health Portrait Offering

WASHINGTON, Feb. 24 /PRNewswire-USNewswire/ -- The U.S. Surgeon General Regina M. Benjamin today announced a collaboration with Microsoft HealthVault that will provide new features and expand access to *My Family Health Portrait*, a free Internet-based resource. This resource enables consumers to easily record their family health history and integrate the information stored in their *My Family Health Portrait* profile into a personal HealthVault account. In addition, these users will also be able to share that information with a variety of health care providers and services that connect to HealthVault, enabling them to make more informed decisions around their current and future healthcare needs. In the coming months, *My Family Health Portrait* will expand its offering to other third-party health solutions.

My Family Health Portrait automatically assembles the information into a medically useful format, which can be shared with health care practitioners as well as other family members. A patient's family health history will enable health care providers to make personalized recommendations for his or her health care.

The Surgeon General's Family Health History Initiative is a collaborative initiative supported by agencies of the U.S. Department of Health and Human Services (HHS). HealthVault is a personal health application platform that allows consumers to collect and store their health information online, in a record that can be shared with physicians, family members, pharmacists and a variety of third-party health services.

"This announcement is an important advancement in primary care and disease prevention by making family health history data available and accessible to consumers and practitioners," said Dr. Benjamin. "This new collaboration with HealthVault is part of a broader initiative and one of many third-party solutions that will expand the capability of *My Family Health Portrait* to help individuals make knowledgeable health decisions with their doctors."

"We share the Surgeon General's goal of empowering people to become active partners in their own health and have developed HealthVault with that end-goal in mind," said David Cerino, general manager, Microsoft Health Solutions Group. "Family history can play a pivotal role in an individual's current and future health care needs. By connecting *My Family Health Portrait* to HealthVault, consumers can build a complete profile of their personal health information and then work with their healthcare professionals and connected Web sites, applications and devices to make more informed decisions about their health and wellness."

My Family Health Portrait allows users to assemble their family health information without retaining their personal information. Consumers using HealthVault decide what information is stored and shared. Privacy and security are top priorities for HHS and its arrangements with third-party health solutions, such as Microsoft HealthVault. Stringent security measures are required to ensure that the user's information is protected.

My Family Health Portrait is hosted by the Cancer Biomedical Informatics Grid (caBIG®) at the National Cancer Institute, National Institutes of Health (NIH). The upgrade of the portal was also supported by the National Human Genome Research Institute and the National Cancer Institute at National Institutes of Health (NIH), Centers for Disease Control and Prevention (CDC), the Agency for Healthcare Research and Quality (AHRQ), The Health Resources and Services Administration (HRSA), the Substance Abuse and Mental Health Services Administration (SAMHSA), and the Indian Health Service (IHS). For access to *My Family Health Portrait*, visit <https://familyhistory.hhs.gov/>. For more information about The Surgeon General's Family Health History Initiative visit <http://www.hhs.gov/familyhistory/>.

About Microsoft HealthVault:

Microsoft HealthVault is a personal health application platform designed to put consumers in control of their health information. HealthVault provides a privacy- and security-enhanced foundation on which a broad ecosystem of providers can build innovative health and wellness solutions such as personal health records, disease management, fitness, weight loss and other Web applications. HealthVault can be used to collect and store health information that would otherwise reside in disparate systems and transfer the information between a variety of providers' health services and systems. It enables the reuse and free flow of interoperable and transportable personal health information. For more information, visit www.HealthVault.com.

Note: All HHS press releases, fact sheets and other press materials are available at <http://www.hhs.gov/news>.

SOURCE U.S. Department of Health and Human Services and the CMHS Consumer Affairs