

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 Meetings

The 2nd Friday of the Month
12 Noon to 3 PM

at the

UTHSC School of Nursing Auditorium
All Welcome!

7703 Floyd Curl—Enter at the Louis Pasteur
entrance near Babcock. Buses 91,92

September 12, 2008 Meeting

You are in for a treat this meeting. Rudolf Harst, the spiritual leader at Celebration Circle has agreed to come talk with us. He will empower you through his stories, his energy and hopefully his singing. Not our usual

meeting but one that you will come away feeling great about being a part of the world.



Rudolf



October 10, 2008 Meeting Our First Meeting at the University Health Center-Downtown (formerly the Brady Green)!!

One of the three components of living a life of resiliency is having meaning in your life. Can you create meaning in your life and if so, how? What is meaning and why do you need it? Do you have anything in your life now that is meaningful? We will explore the answers to these questions and much more. You will come away from this meeting inspired to have your life make a difference in the world. Don't miss this one!!

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!!

PROSUMER NEWS

September 2008

Janet Paleo—Editor

Volume 6, Issue 09

In October, we will be changing the location of our meeting. Our new meeting room will be at the University Health Center-Downtown (formerly the Brady Green) on Frio and Martin in the Foundation Room.

LAUGH THREE TIMES AND CALL ME IN THE MORNING BY TINA COLEMAN

Can laughter really help us heal? Anecdotal evidence and some studies seem to point in that direction. Scientists aren't sure. But why wait for them to figure it out? Just yuck it up. It certainly can't hurt.

Scientists know that laughing increases the rate at which the heart beats and the muscles contract. Laughter stimulates the cardiovascular, circulatory, and endocrine systems. Some studies have even shown that laughter bolsters the immune system, reduces stress hormones, and increases tolerance to pain.

In his book *Anatomy of an Illness*, Norman Cousins likened laughter to "internal jogging." Suffering from a painful degenerative illness, Cousins found that twenty minutes of hearty laughter gave him two hours of pain-free sleep. Interest in the topic of laughter and healing was piqued again when the movie *Patch Adams* was released. Medical schools are beginning to incorporate humor training into their curricula, while all over the country, seminar leaders teach medical personnel how humor can relieve job stress and enhance their interactions with patients.

LAUGHING IT OFF

While the scientific community seeks to understand and prove the beneficial physiologic effects of laughter, there are some undisputed benefits.

"There are three ways humor and

laughter help us when life gets bumpy," says Steve Sultanoff, Ph.D., a licensed psychologist and president of the American Association for Therapeutic Humor. "The first is that humor gives us perspective and changes the way we see the world," allowing us to positively change our attitudes when the going gets rough. Secondly, humor changes our cognitive state, which is directly related to our physical well-being. You can't experience humor and be distressed at the same time, Sultanoff says. Finally, humor triggers laughter, which gives us that internal workout Cousins spoke about.

The bottom line, Sultanoff says, is that after we laugh, we feel good.

HUMOR AND AGING

As we grow older, we begin experiencing things that are definitely not funny, including aches and pains, illnesses, losses, diminished abilities, etc..

"Serious illness is not funny. Death and dying are not funny. But funny things happen in those situations," says Allen Klein, author of *The Healing Power of Humor*. The key, he says, is to focus on those small things that make you laugh because they can give you a new perspective and help you cope. Klein has found that people who can laugh seem to be more resilient.

"Poke a little fun at yourself," he suggests. "I do. At my age, my back goes out more than I do," he jokes. "Humor is all around. You just have to look for it."

ATTITUDE IS EVERYTHING

Katherine Russell Rich, author of *The Red Devil: To Hell with Cancer and Back*, had been told she had a year to live when she saw a TV program claiming that people who were happy coped better with illness.

"I put myself under medical orders to be happy," she says. "It wasn't easy. I made gratitude lists. Read Norman Cousins. Fell totally and unexpectedly in love with a good friend. He's got a wicked sense of

Continued on the next page

Debbie Garcia, The Update

I've been a member of the Prosumers since the first meeting. The tools I learned in the meetings have helped me through some very difficult times, which probably would have landed me permanently in the hospital or dead by suicide.

In May of 2007, I was doing fairly well. I had a full time position at the VA Hospital as a Peer Counselor. I had my own apartment and owned 2 cars. I also was engaged to a gentleman I had known for 10 years. I also lived with my beloved dog, Hopie. I rescued Hopie three years before and in turn she rescued me by giving me a purpose to get up each day. All seemed well. Even the times I felt low were not so bad. The night of May 24th, I called home from work and my fiancé told me he had a surprise for me. Two days prior, I had called off the engagement due to his lack of trust of me around other people. I got home late and all the lights were off. I let myself in to find he had just stabbed my miniature Doberman. In shock, I picked up her small little body still fighting to live. Hopie's attacker got up covered in her blood and came after me with the butcher knife. This was the same knife he had used on my Hopie. I ran through our apartment still holding my beloved Hopie in my arms, now fearing for my own life.

As I got outside to safety, I called my family who in turn called 911. As they arrived, I felt the rest of the life leave my Hopie's body. An hour and a half later SAPD arrived. They entered the apartment and arrested my ex- fiancé. It took another 6 hours for the CSI team to arrive to gather pictures and evidence. During all of this time, I was very emotional and refused to let go of my poor Hopie.

My family knew Janet and Anna from the Prosumers. They also knew I needed all the support I could get, so they called them to come help me through this terrible event that had changed my life in an instant. My sister found an all night vet that would take care of my beloved lost companion.

The weeks and even months to follow were hard at first. I turned to drugs and alcohol to try and make it through. Finding of course that this was not working, I remembered to go back to what I had learned at the Prosumers. I reached out for support and saw my doctor. I began to start putting the pieces back together. I had to remember I had no control of his actions but I did have control of mine. I began starting over and not staying in the victim mode.

My sister Carol took me to look for another companion, and that is where I found my new dog Angel. Angel was born on the day my Hopie was killed. She is the most loving replacement I could have ever found. She even reminds me of Hopie in a lot of things she does.

Over a year later I still have hard days. I have no permanent address and now no car. But, I know I will be okay as long as I stay close to the people I love and continue to apply the knowledge I learned at the Prosumer meetings. I know I need to take the next step even when I don't feel like it. I would like to thank all the Prosumers, my family, Janet Paleo, Anna H. Gray, Bea C., and all my friends. I am living to see tomorrow.

Laugh Three Times Cont. page 1

humor and so do I. I've never laughed so hard in my life."

That was several years ago.

"When you're told you have a year to live and that you'll die an extremely painful death, you have two choices: you can either prepare to die, or you can say, 'Oh hell, might as well have the best time I can with what I have left.' For me, laughter tipped the balance," says Rich. "I truly believe a positive attitude helped save my life."

Humor also distracts us from our aches and pains. Pain sensation, Sultanoff says, doesn't come from just the physiologic sensation, but also from your attitude regarding that sensation. Your attitude can increase or decrease the pain you feel.

HUMOR BUDDIES

The ability to cultivate friendships—in which humor plays an important role—is particularly important to aging people because friendships are so important to maintaining independence and good health, says Virginia Cornell, author of *The Latest Wrinkle and Other Signs of Aging*. Plus, it's hard to laugh alone. Klein suggests we find ourselves humor buddies to laugh with.

Looking for "good and funny stuff" about growing older can boost your attitude. Cornell says that for one thing, growing old means no longer having to cough up the kids' lunch money every morning.

"As you get older," she says, "you must give up the constant fussing about things you can do nothing about, so you learn to see the small funny things about them."

TIMING IS EVERYTHING

Everyone likes a good joke, but few of us are very good at telling them. Fortunately, there are (at least) 57 varieties of humor out there, says Joel Goodman, Ed.D., founder and director of The Humor Project and author of *Laffirmations: 1,001 Ways to Add Humor to Your Life and Work*. Here are some of his favorites:

- Asking yourself how your favorite comedian or cartoon character would portray your situation.
- Exaggerating a situation until it takes on absurd proportions to lighten a stressful moment.
- Keeping a file of cartoons or jokes

that make you laugh and sharing them.

- Looking for the humor around you. Road signs, for instance, can be very funny. Sultanoff cites one he's found alongside a California freeway that reads: "Cruise Ships Use Airport Exit."

WHEN THINGS GET SERIOUS

If you find yourself facing a frightening medical diagnosis, prepare a "mirth kit," suggests Goodman. Fill it with things that make you laugh—videos, audiotapes, photographs, books, funny props, etc.

"Give yourself a shot in the arm with whatever tickles your funny bone," he says. "Humor and laughter aren't substitutes for medical care, but they can be adjuncts. Humor can be a tremendous liberating source for coping in tough times."

When using humor to help a loved one through a difficult time, Goodman points out that having a good sense of humor means having a good sensitivity to humor. Gauge how receptive your loved one might be before you jump in feet first and end up with those feet in your mouth. If the time seems right, plan to share fond, funny memories, or photos. Let your knowledge of what makes them laugh or brings them joy dictate your approach.

What about black humor? It helps some people cope with adversity. Rich once said to her mother, "Mom, you know, according to statistics, I'm supposed to be dead in a month." Her mother responded, "Well, I guess you better hold your breath if you're going to make that deadline."

Don't feel put off, ashamed, or guilty when black humor is used to ease tense situations. It's cathartic, says Rich. "I think maybe black humor is a form of bravado, and also a release for the buildup of painful emotions."

We should take humor seriously, Goodman says. "It can add life to your years and, possibly, years to your life." And you won't have to fight your HMO to pay for it.

SOURCE: www.beliefnet.com/healthandhealing/getcontent.aspx?cid=14220&WT.mc_id=NL44

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 & 3rd
Tuesdays of the month.

Aug 5, 2008

Nominations

6:30-8:00 p.m.

Aug 19, 2008

Voter Education #4

6:30-8:00 p.m.

Meetings are held at
Brighton, the Center for
Inclusive Communities
14207 Higgins
(One-half mile west of Nacog-
doches, between Thousand
Oaks and
O'Connor)

For More Information call
Jomel Crayton, chair

210-590-1348

Judith Laufer, Advisor

210-828-7125

Hi I am Joel Webster

I live on my own; I have my freedom to do what ever I please in my own home!!! I can eat whatever I want when I want it. I can sleep where ever I choose to. I also love to make my apartment dark especial my bedroom. The wonderful thing is I have no curfew; my curfew is when I want to come home. I love living on my own it is so much fun.

I did not always live on my own. So let me tell you a story on how I got to be on my own. Lets back up 8 years. I was 20 and living with my parents when they said I needed to grow up... well I wanted to be on my own...so then they sent me to a group home Mission Roads. I hated it there. I told them please kick me out I want to be on my own They said No... so I broke all the rules for 2 years of hell....until I was kicked out!! I was so happy I was free. I was wrong. My parents said we are sending you to RMI (semi independent group home). I hated it again...I told everyone I wanted to be on my own!! They said go away you are not ready.....I was mad again. So I was not about to make it easy for anybody who kept me in anyplace that I was not free. I broke every rule again....so after about 2 years of hell again I was kicked out again....I thought I was free again....I was wrong again!!! I was sent to another place....I was even more wanting to be on my own...so I tried again.....another group home. I hated this place even more....so I said I want to be on my own...They said no again...I told everyone I am going to be on my own. Almost everyone thought I would never get there, so after a year being in another hell hole of a group home I finally got to be on my own

However I am responsible for everything. If I get sick I have to take myself to the doctor no matter how far it is. If I run out of anything I am responsible for everything, like my medications, food, cleaning products, & everything else. I do have to pay my bills, but I do have help with my money management. I have a payee.

It's a lot of hard work to live on my own but it is worth it.

SOURCE: Essay written for League of Self-Advocates Austin State Convention

A new report from the House Committee on Oversight and Government Reform found that people who get coverage from both Medicare and Medicaid (a group sometimes called "dual eligible"), pay 30 percent more for prescription drugs under the Medicare prescription drug benefit (Part D) than they would if Medicaid paid the bill. According to the study, this discrepancy in pricing accounted for \$3.7 billion in revenue for drug manufacturers during the first two years of the Part D program.

The Medicare Prescription Drug, Improvement, and Modernization Act of 2003, which established the drug benefit, required that Medicare Part D, not Medicaid, cover the cost of drugs for people with both Medicare and Medicaid. Many nursing-home residents fall into this "dual-eligible" category.

For more information about what drugs are covered by Medicare Part D, visit

http://www.medicareinteractive.org/page2.php?topic=counselor&page=script&slide_id=478

SOURCE: Medicare Rights Center Volume 7, Issue 32: Week of August 11, 2008

Do you need individual counseling to help you with Medicare Issues?

Call the Medicare Rights Center's consumer hotline at **800-333-4114**, between 9 a.m. and 5 p.m., Eastern Time, Monday through Friday. A Medicare counselor will be happy to answer your questions.

You can also call your [State Health Insurance Assistance Program \(SHIP\)](#) for personal counseling on Medicare benefits, rights and options.

Call [Social Security](#) (800-772-1213) for questions about enrolling in Medicare or applying for Extra Help!

In order to motivate others, you must first become a source of motivation by yourself. It simply means that if you want to get anything done through others, you must first do it yourself.

-- Hazrat Ilyas Attar Qadri

Home Comforts Seeks Volunteers

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.

2008 September 2008

S	MON	TUE	WED	THUR	FRI	SAT
	Sept 1 DBSA 7 pm @8026 Floyd Curl LABOR DAY CHCS Closed	Sept 2 DBSA CF 6 pm @210 South Grimes	Sept 3 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa AMHCR Coping with Anxiety 7pm @ Central Library Room 5.1	Sept 4 DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Sept 5	9/6 AMHCR PTSD-Armed Services (All welcome) 10:00 @ Central Library
7	Sept 8 AMHCR Arts & Crafts . 11-2 S. Presa Anxiety Sup Grp 6:30-8pm 566-5783 DBSA 7 pm @8026 Floyd Curl	Sept 9 DBSA CF 6 pm @210 South Grimes NAMI 7 pm 510 Belknap	Sept 10 Womens Sup Grp 10 S Presa Arts & Crafts 1-3 S. Presa Dual Recovery Grp 12 S.Presa AMHCR Coping with OCD 7 pm @Central Library Room 5.1	Sept 11 AMHCR General Meeting 1 P.M. @ S. Presa AMHCR Board Meeting 1:30 p.m. @ S. Presa Mental Health Support Grp 7 pm St. George Episcopal Church, 6904 West Ave 342-4261 DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Sept 12 Prosumer Meeting 12-3 School of Nursing	9/13
14	Sept 15 AMHCR Arts & Crafts 11-2 S. Presa Coping with Anxiety @6:30pm DBSA 7 pm @8026 Floyd Curl	Sept 16 DBSA CF 6 pm @210 South Grimes	Sept 17 Womens Sup Grp 10 S.Presa AMHCR Dual Recovery Grp 12 S.Presa Arts & Crafts 1-3 S. Presa AMHCR Parents & Siblings of Children with Mental Illnesses 7:00 @Central Library, Rm. 5.1	Sept 18 DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Sept 19 Schizophrenia Anonymous 11:30 am @ Central Library Room 5.1	9/20 AMHCR PTSD-Armed Services (All welcome) 10:00 @ Central Library Rm 5.1
21	Sept 22 AMHCR Arts & Crafts 11-2 S. Presa DBSA 7 pm @8026 Floyd Curl	Sept 23 DBSA CF 6 pm @210 South Grimes	Sept 24 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa AMHCR Dual Recovery Grp 12 S.Presa	Sept 25 AMHCR Life Skills 2pm @SAILS 2:00 p.m DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Sept 26	9/27 AMHCR Meet up Bipolar Sup Grp 3 pm @ Central Library Rm. 5.1
28	Sept 29 AMHCR Arts & Crafts 11-2 S. Presa DBSA 7 pm @8026 Floyd Curl	Sept 30 DBSA CF 6 pm @210 South Grimes	Oct 1 Womens Sup Grp 10 S.Presa Arts & Crafts 1-3 S. Presa AMHCR Coping with Anxiety 7pm @ Central Library Room 5.1	Oct 2 DBSABC 7pm @758 Ramsey BiPolar/Depression Peer Support Group 7-9pm @ 3011 N. St. Mary's Candlelight Coffee House	Oct 3	10/4 AMHCR PTSD-Armed Services (All welcome) 10:00 @ Central Library

*** Please call and verify time and place prior to going to any of the meetings.**

Clothes Closet
Center for Health Care Service
Family and Consumer Resources
5802 S. Presa
Is Temporarily Closed
Please call Frances Hernandez for further information at 436-8018

The Prosumer Steering Committee officers are: Michelle Mata—Chair, Janie Swatzell, Debbie Neisler, and Jim Eifler. These are the folks representing you so if you have ideas, comments or anything else please let them know when you see them. Also, if you are interested in helping out with the Prosumer Program, talk with them about the opportunities that are open now.

Mental Health Support Group.
St. George Episcopal Church
6904 West Avenue
in Conference Room.
Every 2nd Thursday
at 7 pm.
Call 342-4261
for more information

Editor in Chief—Janet Paleo, PRO International, P.O. Box 120394 San Antonio, TX 78212
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The views expressed in this newsletter do not necessarily reflect the views of the editor or any of its sponsors.

CALENDAR NAMES, ADDRESSES and PHONE NUMBERS

Prosumer Group- 210-653-5267 www.ProsumersInternational.org PO Box 120394 San Antonio, TX 78212 Meets at the School of Nursing.
24/7 Crisis Clinic—Address is 520 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

MR PNAC - Mental Retardation Planning & Network Advisory Committee

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

CHCS Adult Mental Health Intake—Address is 1921 Burnet 210-223-4061

S. Presa CHCS Consumer/Family Support—Address is 5802 S. Presa 210-436-8018

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

Children's Clinic for Crisis 7 Eligibility/Enrollment—Address is 711 E. Josephine 210-299-8139

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 # 100 210-615-5700

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

Anxiety Support Group— Meets 2nd Monday @ 8265 Manderly, Converse 210-566-5783- Rene or email RMontf4221@aol.com.

AMHCR - Alliance for Mental Health Consumers Rights usually meets at S. Presa. For more info call 210-436-8018 ext 307 or 210-535-2025 or SaMentalHealth@sbcglobal.net or www.SaMentalHealth.org. Office located at 5802 S. Presa

DARS (Formerly TRC) Albert Olague is the liaison to CHCS clients. For services call 210-561-8600

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

DBSA BC—Depressive Bipolar Support Alliance Bexar County meets at 758 Ramsey, Holy Cross Church Call Michael at 214-532-3896

DBSA CF --Depressive Bipolar Support Alliance Christian Family meets at 210 South Grimes St. Call Willie 210-413-4094

Fair Housing Council of Greater San Antonio— Address 4414 Centerview Drive, Suite 170 210-733-3247 Office

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

NAMI SA - National Alliance for the Mentally Ill 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 210-436-8018 for more information

School of Nursing -- Main Entrance is 7703 Floyd Curl Drive, but the entrance on Louis Pasteur is closer to the room. Room is the auditorium. Call Janet Paleo at 210-736-5034 if you need a map.

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 DIST 116
 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 DIST 120
 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
 6502 Bandera, Ste. 106, SA, TX 78238
 (210) 684-6896 Closest Bus Route: 88

REPRESENTATIVE MIKE VILLARREAL,
 HOUSE DIST 123
 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

NAMI

www.nami.org

Texas Mental Health Consumers

www.tmhc.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

SAMHSA's Mental Health Information Center <http://www.samhsa.gov/centers/clearinghouse/clearinghouses.html>

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.gcflernfree.org/

For more information specific to their current situation and the transition to Medicare Rx www.texasmedicarerx.org

Conference Dates to Remember

Texas Homeless Network Conference
"Face the Homeless-Building Communities of Change"
September 3-5, 2008 Omni Hotel in Austin

www.thn.org

National Association of Rights, Protection and Advocacy
"Seizing Opportunities for Change" October 1-4, 2008
Austin, TX <http://www.narpa.org/>

Alternatives 2008 Conference
Alternatives is a national conference for consumers by consumers.
October 29- November 2, 2008 Adams Mark Hotel in Buffalo, NY
<http://www.power2u.org/alternatives-2008>

2009 World Congress of the World Federation for Mental Health
"Working Together for Mental Health" September 2-6, 2009
Hilton Hotel, Athens, Greece
<http://www.wfmh.org/09WCongress.htm>

PREVENT MED MIX- UP

The names of more 1,400 drugs are frighteningly similar to those of others, creating potentially troubling confusion, according to a study by the United States Pharmacopeia, a scientific organization. Here are four ways to avoid these simple mistakes, plus several common drug soundalikes-all of which have been dispensed incorrectly and actually harmed patients, according to USP.

1. Copy down the drug name and dosage on a separate sheet of paper from your prescription and read it back to your doctor to confirm. Check this information against the pill bottle with your pharmacist's present. (You're entitled by law to receive free pharmacy counseling every time you begin a new medication.)
2. Confirm a generic's brand-name equivalent and indication with your pharmacist after receiving your meds; many prescriptions are filled with generics, meaning the drug name on a bottle label could be different from the one your physician wrote down.
3. Verify the medication's "indication for use" (the symptoms it treats) on the information sheet most pharmacies include with medications.
4. Still unsure? Search for your drug by name online in Prevention's Drug Encyclopedia (prevention.com/medcheck), or the government's MedLine Plus database (nim.nih.gov). And call your doctor before taking the first pill if you still have doubts.

COMMON Rx SOUNDALIKES

If your prescribed.....

Actos (for type 2 diabetes)

Celebrex (for Arthritis)

Prilosec (for acid reflux)

HESpan (to thicken blood)

Metformin (for type2 diabetes)

Sulfasalazine (for ulcerative colitis)

Make sure its not.....

Actonel (for osteoporosis)

Celexa (for depression)

Prozac (for depression)

Hepirin (to thin blood)

Metronidazole (an antibiotic)

Sulfadiazine (an antibiotic)

EIGHT ENERGY DRAINS AND HOW TO FIX THEM

ENERGY DRAIN

OTHER PEOPLE'S EXPECTATIONS

Are you living someone else's dream for you?
You're putting out energy but starving emotionally.
The other person gets all the satisfaction.

LOSS OF SELF

As kids, we had to play by the rules; our unique energy got caged.

DEPRIVATION

Duties and responsibilities fill your days. You gain weight trying to get emotional energy from food.

ENVY

We often don't feel envy directly – but we might find someone else's good fortune depressing.

WORRY

When you worry, you think you're dealing with things, but you're just suffering.
Worry never comes up with good ideas. It torments and exhausts us.

UNFINISHED BUSINESS

Unmade decisions and postponed projects drain you.

OVER COMMITMENT

You're always saying yes-to your boss, mother, kids, and friends; to requests, favors, meetings.

HOLDING ON TO LOSS

Fresh loss is an emergency. But old losses you can't let go of are dead weight.

ENERGY MOVES

DECLARE INDEPENDENCE

You bought in; you can set yourself free. No confrontation needed, just "I don't have to expect that of myself." Worst-case scenario: Someone who's not you will be disappointed. You will feel wonderful.

PERSONALIZE YOUR LIFE

Ask yourself, if it were up to me, what would I... hang on my wall?
Wear to work? Do for fun? Find the pocket of freedom where you can be more yourself.

ADD PLEASURE, BEAUTY, FUN

Satisfying experiences, large and small, are the real nourishment you crave. Plan a big treat to look forward to- and a little one every day.

COUNT YOUR BLESSINGS

Comparison is a loser's game. Look at what you have and actively feel grateful. (P.S. that person you envy-you don't know how messy her life really is. Chances are you wouldn't want it if you had it.)

GET GOING

Action is the cure for worry. Do one thing that brings you a step closer to coping. If it's the middle of the night, get up and write a to-do list.

DO IT OR DUMP IT

Forget the perfect decision-just trust yourself and make a choice. Put projects in an appointment book. If you can't find any good time, that's a signal you don't want to do it. So don't.

SAY YES TO YOURSELF

Tell someone else no every once in a while just to feel your own power. You'll gain a whole new sense of your ability to take care of yourself.

CRY ALL YOUR TEARS

Indulge in big-time mourning. Take off from work, stay in bed, and do nothing but cry till you're dry... and bored.
Then go out and embrace life.

SOURCE: The Emotional Energy Factor

DisabilityInfo Website Enhanced

The disabilityinfo.gov website, a collaborative product among twenty-two federal agencies, contains comprehensive information on cross-cutting issue areas including employment, benefits, housing, transportation, health care, education, civil rights and technology. In preparation for the 18th anniversary of the Americans with Disabilities Act (ADA), the site has been enhanced and updated. Changes include: over 2,000 new links to state-level resources; the *State and Local Resources Map* has been enhanced to offer greater access to information about programs and services; access to the quarterly newsletter; and answers to frequently asked questions about the DisabilityInfo website.

The site can be visited at www.disabilityinfo.gov

SOURCE: CMHS CONSUMER AFFAIRS E-NEWS AUGUST 22, 2008

Too often we under-estimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-- Dr. Felice Leonardo Buscaglia

Helping with your Personal Medicine in San Antonio

HOUSTON STREET FAIR & MARKET
Downtown, Aug. 30, 2008 12 noon-6:00pm **Free Entrance**
Parking is free @ 400 St. Mary's St. (Parking Garage) & Travis Street
Starting @ 12 noon
www.houstonstreetfair.com

SAN ANTONIO MUSEUM OF ARTS
200 W. Jones Ave. 978-8100
Free Admission on Tuesdays 3-9 pm
www.samuseum.org

THE MCNAY
6000 N. New Braunsfels 824-5368
Free Admission on Thursdays 4-9pm and 1st. Sunday of the Month
www.mcnayart.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 @ In-carnate 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.com

MEXICAN AMERICAN UNITY COUNCIL AND 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

JAZZ'SALIVE
Sept 20-21
Travis Park 301 E. Travis
Food/beverage booths
Free admission
San Antonio Parks Foundation and the City of San Antonio
212-8423

OWL PROWL
Learn about Creatures of the Night and the sounds they make
Texas Parks and Wildlife- Richard Heilbrun.
Sept. 30 7 - 9 p.m.
\$3 donation suggested or \$5/family.
Medina River Natural Area, 15890 Highway 16 South 624-2575.

"9-11" REMEMBRANCE & PARADE
September 11th Thursday
Woodlawn Lake Pavilion
1103 Cincinnati
10:00 a.m. - 1:00 p.m.
(Bring a Sack Lunch)

BUBBA REDDING DANCE
401 Paseo de La Villita
La Villita Assembly Hall
Sunday, Sept 21st
1:00 - 6:00 p.m. Party & Dance **Free Admission**
Must RSVP to 637-8316
Space Limited
This is a Door in the Wall event & is a collaboration with the Parks & Rec TR Program

Tips to Improve Your Mental Health--Every Day!

Try the following tips to help plan a week that will leave you feeling good, inside and out. If you are receiving treatment for a mental health problem, these tips can help you manage your illness and support your treatment and recovery.

Sunday

Relax. Try meditating, taking a walk in a natural setting, or reaching out spiritually or through prayer. Quiet reflection, alone or in the company of others, can improve your state of mind, strengthen your sense of self and community, and give you time away from a hectic schedule to collect your thoughts and re-energize for the week ahead.

Monday

Make a plan. Decide what tasks you need to complete for the week and make a plan for when and how to do them. If you are overscheduled, decide what can wait a week or two. If you don't have much on your schedule, plan some activities you'll look forward to.

Tuesday

Surround yourself with supportive people. Make plans with family members and friends, or seek out activities at which you can meet new people, such as a club, class or support group. Reconnect with someone you have lost touch with and create new memories.

Wednesday

Take care of your body. Taking care of yourself physically can improve your mental health. Be sure to eat nutritious meals, avoid cigarettes, drink alcohol only in moderation, drink plenty of water, get enough sleep and exercise regularly.

Thursday

Give of yourself. Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need—and it's a great way to meet new people who share your interests and compassion.

Friday

Broaden your horizons. Create a change of pace or expand your interests. Explore a new hobby, plant a garden, plan a road-trip, try a new restaurant, take dance lessons, or learn to play an instrument or speak another language.

Saturday

Value yourself. Treat yourself with kindness and respect, and avoid self-criticism. Take stock of the qualities you like about yourself, your accomplishments and abilities. Take some time every day to relax, reflect and rejuvenate.

SOURCE:MENTAL HEALTH AMERICA WEBSITE

CHECK YOUR HOSPITAL'S HEALTH

Shopping around for health care just got easier: The government's revamped Hospital Compare portal now allows you to view patient satisfaction ratings for thousands of hospitals nationwide, and find out an institution's safety and success record for a variety of surgeries. You can also check out prices and Medicare reimbursement rates for common procedures- making it easier than ever to evaluate costs at multiple facilities before undergoing an elective operation. To get started, log on to www.hospitalcompare.hhs.gov/Hospital/

Source: Prevention Magazine August 2008

New Guide on Self-Directed Mental Health Care

Self-directed care is a new approach to the delivery of community services to people with mental illnesses. It allows consumers to manage their own care and control a budget to pay for the services and supports.

The Bazelon Center and the UPENN Collaborative on Community Integration which is funded by the National Institute on Disability and Rehabilitation

Research have produced a new guide entitled In the Driver's Seat: A Guide to Self-Directed Mental Health Care. This 40-page document describes self-directed care, offers advocacy strategies and tactics to develop and implement self-directed care approaches, and looks at how these initiatives work and how they are funded. It also lists strategies by states to support these services. Fact sheets and questions-and-answers provide further information on financing, eligibility, evaluation, planning, and support brokerage. The guide is at website www.upennrrtc.org/resources/view.php?tool_id=184.