

THE BRIDGE

Why We Walk...

Special points of interest:

- October's Party
- Creative Corner
- Caffeine Myths
- Unhappy Moms

Inside this issue:

Unhappy Moms	2
Pumpkin Pie	3
Creative Corner	4&5
Caffeine Myths	6
October's Party	7
Establishing & Honoring Boundaries	8
FYI Numbers	9

The Mental Health Association of Clinton & Franklin Counties, been working collaboratively with many of the different organizations and agencies in the community for years in an attempt to provide public education, addressing mental illness prevention, the promotion of mental wellness and stigma reduction. Addressing the concerns, impact and stigma surrounding suicide is also part of what we are trying to do. We completely understand the fact that there are over 36,000 people who are reported to have died by suicide each year, according to the Centers for Disease Control. This averages out to one death every fifteen minutes.

We understand that this leaves many families and friends of the individuals who complete suicide with so many unanswered questions and a heavy burden of guilt. We believe that knowledge is power and if we can provide this knowledge to the individuals in our community then we are more than willing to do so. Many times I have heard individuals who aren't educated on mental illness and suicide say things such as "They were simply looking for attention." Or "Boy, they were selfish."

There is so much more to mental illness and suicide than these beliefs in which some of our community members hold. It's not about looking for attention or being selfish. It's more in regards to a build up of issues or problems which become so insurmountable to the individuals that they no longer know what else to do. It's all regarding a lack of knowledge, education, awareness, and even at times support. It has to do with providing the individuals with the support in which they feel they need. No one knows themselves best than the individuals.

I personally walk due to when I was sixteen or seventeen years old, I was placed with a family who invited me into their home to support me while I learned how to cope with my own personal mental illness. During this time, I got to know a wonderful family friend of theirs by the name of Paul McDonald. Paul was a wonderfully generous, caring, and loving man. I soon found that I felt comfortable talking to Paul about my past, my future goals and aspirations for myself. Paul used to come over and do little things around the house for my pseudo mother Nancy and for the first time in a long time I felt safe and loved.

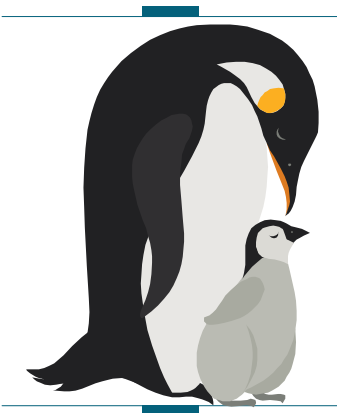
Then I went home for a weekend with my parents and I remember everything which happened that day. I was listening to Uncle Kracker's song "Follow Me" and I received a phone call from one of the other girls who was also staying with Nancy and she was crying over the phone and I could barely hear her at first and then when it finally clicked what she was telling me which was "Paul is dead! Paul is dead!" I punched my father's new TV and ran out side and just started brisk walking up the road before anyone knew what was going on. I found out later on that night from my pseudo mother, Nancy, Paul had shot himself in his garage. I was never the same and neither was the way I viewed suicide. I miss Paul more than anyone will ever know and he had such a big impact on my life, even for the little amount of time we knew each other.

I support the American Foundation for Suicide Prevention due to they are raising awareness and providing chances for everyone to be educated regarding suicide and its prevention. I hope no one has to experience the pain, guilt and the unanswered questions which are left when someone they love or know completes suicide. However, there is support out there. Don't be afraid to reach out and ask for help and support. It was the best thing I ever done for myself.

Lilah Mitchell

Top 5 Reasons Why Some Moms Are Not Happy

1. Mother's today are expected to do more, go farther and be better than before in only a twenty four hour period!
2. Being a stay at home mom or a working mom can be isolating!
3. There is too much pressure from our family, friends and society regarding how to raise our children!
4. We never seem to have a minute to ourselves!
5. Often we get lost within our roles to the point that we forget who we truly are!



Pumpkin Pecan Pie Squares

- 1 cup all-purpose flour
- 1/2 cup old-fashioned or instant oats
- 1/2 cup packed brown sugar
- 1/2 cup butter or margarine, softened
- 3/4 cup granulated sugar
- 1 (15 ounce) can LIBBY'S® 100% Pure Pumpkin
- 1 (12 fluid ounce) can NESTLE® CARNATION® Evaporated Milk
- 2 large eggs
- 2 1/4 teaspoons pumpkin pie spice
- 1/2 cup pecans, chopped
- 1/4 cup packed brown sugar
- Whipped Cream

Preheat oven to 350 degrees F.

Combine flour, oats, brown sugar and butter in small mixer bowl. Beat at low speed for 1 to 2 minutes or until crumbly. Press on bottom of ungreased 13 x 9-inch baking pan.

Bake for 15 minutes.

Combine granulated sugar, pumpkin, evaporated milk, eggs and pumpkin pie spice in large mixer bowl. Beat at medium speed for 1 to 2 minutes; pour over crust.

Bake for 20 minutes. Combine pecans and brown sugar in small bowl. Sprinkle pecan topping over filling. Continue baking for 15 to 25 minutes or until knife inserted in center comes out clean. Cool completely in pan on wire rack. Cut into bars. Top with whipped cream.



CREATIVE CORNER



Fire Police

Written By Patrick Bandy



The fire police are needed in our county because they protect the firemen. They do this by stopping traffic so the firemen can fill the tanker trucks with water. The tanker trucks are the trucks which carry water to the fire, to put it out. The fire police also direct traffic in case of an emergency such as a power outage to keep people from crashing into each other. As a part of the Franklin County Fire Police, I do this frequently for the fire department I am a part of. I enjoy volunteering my time and giving back to my community.

Halloween

Written By Patrick Bandy

On October thirty-first, children all around the world and of all ages dress up into various costumes. The children do this not to mock the dead but rather to have to see the children in unique costumes and ally go to the fire house these wonderful boys do this however the



fun. On this night I like their various and hand out candy. I usually go to the fire house these wonderful boys do this however the

fire department and I laugh and joke with one another and have a good time after we hand out all the candy.

Fall

By Sarah Clark-Fuller

Leaves on the ground,
Made in piles for children to play in.
Weather changes to a silently brisk morning,
Getting ready for the snow to fall.
The taste of turkey and gravy on our tongues,
All the joy of fall makes each season special for us all.



A Survivor's Words

Written By Lilah Mitchell

I always thought that I deserved what I got from you,

That it was my fault in some way,

So I didn't say a word to anyone about what I went through,

But all that changed for good today.

I realized I am not alone,

That I'm not the one at fault,

I realized I no longer have to have a heart of stone,
I finally found my voice.

I will no longer let you have control,

I am my own person and I have become strong,

There are others who have been through the same thing you put me through,

And they've helped me realize I was not the one who did something wrong.

I am not your victim anymore,

The chains you had on me

I was finally able to break free,

I am now a strong and vibrant young woman...

A SURVIVOR!!!



7 Myths about Caffeine

For a good many of us a morning without our cup of coffee is like a day without sunshine. We become cranky and moody and take it out on everyone and anything around us. If I don't have my cup of coffee in the morning as soon as I get out of bed, I will tell you my head starts spinning and green stuff shoots out of my mouth. Well not really but I believe I have made my point. Caffeine is known for its role as a stimulant and delaying fatigue. Extensive studies into caffeine's safety shows that there are still many misconceptions surrounding it. Some of these misconceptions are as follows...

- Caffeine is addictive! = In all actuality even though caffeine is a stimulant to the body's central nervous system it doesn't affect your life in a manner that addictive drugs do, therefore most experts don't consider caffeine dependence an addiction.
- Caffeine causes insomnia! = The human body may absorb caffeine quickly however it also flushes it quickly. On average it takes four to five hours to rid half of the caffeine from your body — after another five hours 75% of it is eliminated. However it's recommended that you steer clear of caffeine for at least six hours before bedtime.
- Caffeine increases the risk for osteoporosis, heart disease and cancer! = Truth be told... at high levels usually seven or eight cups a day, caffeine may increase calcium and magnesium loss within urine. Large-scale studies show that caffeine consumption does not increase the risk of cardiovascular disease nor raise cholesterol levels nor cause irregular heartbeats. Lastly reviews of 113 studies revealed there is no relationship between cancer and caffeine. The studies have revealed there may be a correlation between caffeine protecting against certain forms of cancer though.
- Pregnant woman or those trying to get pregnant should avoid caffeine! = Results of multiple studies show that a moderate consumption of caffeine is safe during pregnancy and there is no correlation between caffeine consumption and pregnancy outcomes or birth defects.
- Caffeine is bad for kids! = Studies have shown that caffeine-containing drinks and foods consumed in moderation— have no detectable effects on hyperactivity or attention span of children.
- Caffeine can knock out the alcohol! = Surprise! Surprise! What research actually suggests is that people only think that caffeine will help them sober up.
- Caffeine has no health benefits! = Reality is here friends!!! Caffeine has been shown to improve alertness, concentration, energy, clear headedness, feelings of sociability, and improve memory and logical reasoning.





OCTOBER'S PARTY



George Cooper

October gave a party:

The leaves by hundreds came-
The Chestnuts, Oakes and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor wind the band.

The Chestnuts came in yellow,
The Oakes in crimson dressed;
The lovely Misses Maple
In Scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
Now fallen from the sky.

Then, in the rustic hollow,
At hide and seek they played,
The party closed at sundown,
And everyone stayed.
Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly "Hands Around."



Establishing & Honoring Boundaries

Boundaries are important aspects of a friendship. They allow one to define what they are and aren't willing to accept from the other individual generally based on their personal beliefs and values. Boundaries may differ from one person to the next and it's always important to respect each other's boundaries. People commonly set boundaries around things like—

The amount of time spent together and place to get together. For example if you are just meeting one another don't plan on spending two or three hours together simply go for a cup of coffee in a public coffee shop. This way neither one of you is uncomfortable and feels free to get up and leave at any time.

The kind and frequency of shared activities. Share ideas and alternate between them. If you are always doing what one person wants to do then it's not a mutually supportive friendship.

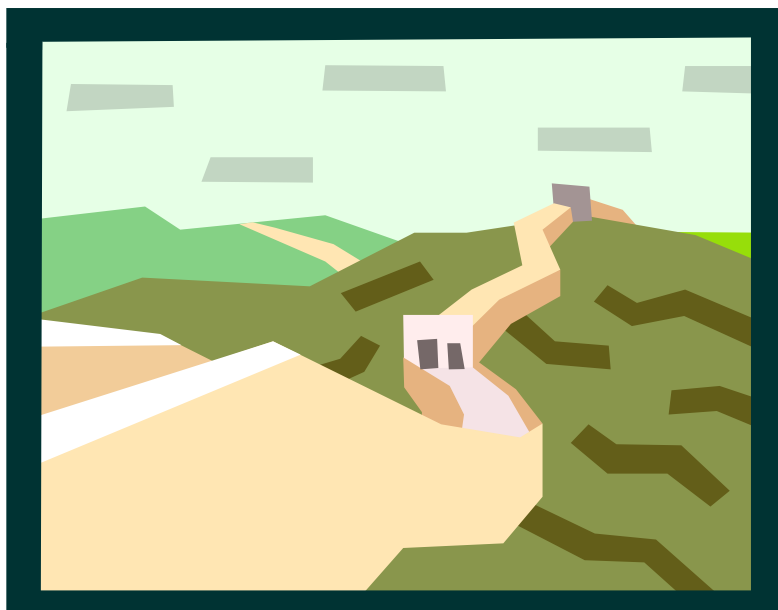
Phone call time limits— time of the day, frequency, and length. If you don't want to have the other individual call you at three in the morning then let them know what times they can call or what time they can't call after at night.

Amount and kinds of support given. What kinds of support are you able to give? Are you able to assist the other if they are in need of a ride to a doctor's appointment or the grocery store etc? Are you able to go and sit with them when they are in the middle of a crisis?

Connection with family. Do you want them involved with your family?

Amount of physical touch. Do you want to receive a hug from them or is a simple handshake as far as you want to be touched. Maybe you don't want to be touched at all. This is all perfectly fine. It is completely up to you.

Topics of Conversations. What types of conversations are acceptable for you to talk about? Maybe hearing about the other persons traumatic past will make you go into uncharted/unwanted territory. It's important to let each other know what is going on and what's acceptable and what's not.





Mental Health Association
Of
Clinton & Franklin Counties
14415 State Route 30
Malone, NY 12953

Phone: 518-521-3507

Fax: 518-521-3760

Email: lilah.mitchell@yahoo.com

Peer Networking Group of The Adirondacks Mission Statement

We are a group of individuals in Northern New York who are connected through our experiences as being consumers, survivors or ex-patients of the mental health system. We aim to strengthen our community by respectfully sharing issues and concerns relevant to our lives.

North Star Behavioral Health Services/
Crisis Line **518-483-3261**

Intensive/Supportive Case Management Services **518-481-5746**

New York State Police **518-483-5000**

Supportive Housing **518-483-8729**

V.A. **518-481-2545**

HUD **518-483-5934**

ACCES VR **518-483-3530**

Fire & Rescue **9-1-1**

One Work Source **518-481-5755**

Suicide Prevention Hotline
1-800-273-8255

Medical Transportation **518-481-1860**

FYI Phone Numbers



Support Line **1-888-853-9995**

Malone Independent Living Center
518-483-2151

YMCA **518-483-2354**

Social Security Administration
518-562-5421 or 1-866-964-1430

Department of Social Services Front
Desk **518-481-1808**

Comlinks **518-483-1261**

Crimson Phoenix Social Club
518-483-1689

Mountain Crest Social Club
518-891-2549

NAMI **518-561-2685**

Halloween 2

NHGNIOJPHHIBERSZXYZGRUDJRHJPJMI
PTAHSUMXCRTHJHXHOYZICJDKCIRTJKJ
AVDPODAMWGXUMUBCOAGDZRTSMELIK
XOTNSSOANOTELEKSBZVDAUVCLDJCXB
XPLNWCTDSLKJSEBPGXZDNHDVLCZCI
FNFUAYNTVOWOVFYSZGINZOHCDGFDLA
PNCKJMOBWUYDYZCJUBFCYHGLWZJCL
VFHIWXXICGHNAZPEYQAHCOSTUMESVVG
FBJAVMTQMKT TUZHTLNWANCMYIMGVG
LZQRVCJUXARDABIHDGOUOAJTTTLUPJS
JVCJHDHVRETSNOMYOOFNROGBPBXTUS
KGSRQJOSNHMOSXCQUZNTDHIQQQTBTBT
EMMPFKQEUTKKAOAUNHELYMMUMVJCX
UPJBOHZRONPURRHNAFRDUCIASWNTPO
HTCBFOYTDODNSWFEXGJHADORVILANQ
WIQABUKDVVBHUXIPHMCBACURBWSKUQQ
UVAZRBWYUWBVDEBSDNGLOLSKWJXTDY
VZLIGXJZNNRIXGUHLRHBAUNJJEQUY
KHNGOLXDBLPAONIEETSNEKNARFSBMET
GYEDHSWXMSIIJDSRRHLPCTREATPNIA
UTAFCVBXHQOGTNYXROFMJVUTWFQESJ
TXIRKDKORBUNUJSURUPS BWOPRJOCELD
ATEIHTAGFYUNGWALUCARDYSZFD B P F S L
YAJWHTAGIYUOIIIZKFAQRPMCAEHQOLXN
MUQOLLGOBLINGLLJPLQEJALANPVOYV
DYBCXOPOZCUEZHRNUVXNCRZOQNSDSK
UEZSZXQMDDLYNOTUBENIKPMUPSXIWK
RDECUBLCCCRXTXVAMPIREOSOUZAIHLM
AACBIFLCWYEFYYSKEQJQBVPBROOMB
HVDVZIGZXZESQREDIPSRWCCACFVSMV

Autumn	Goblin	Spider
Boo	haunted	Spooky
Broom	Monster	Treat
Candy Corn	Mummy	Trick
Cauldron	Night	Vampire
cobweb	October	Witch
Costumes	Pumpkin	
Dracula	Scream	
Frankenstein	Skeleton	
Ghost	Spell	

Happy Halloween 