



# Central Chat



CAA Newsletter

June 2017

## A Message from Jay

I recently had the opportunity to see one of my favorite speakers, Henry Emmons, a psychiatrist from Burnsville. Dr. Emmons speaks all over the country about mental health and simple ways we can all improve our own mental health and wellbeing, including eating well, staying active, and maintaining positive people in our lives.

Check out this issue of the *Central Chat* for more ways to improve your own lives, including getting involved in the community right here and in the surrounding neighborhoods.

One great annual event that helps many feel good is the Central Ave Spring Clean, this year on Wednesday, June 7<sup>th</sup>. We'll trim bushes, pull weeds, and come up with a plan for what flowers and vegetables we'll plant this year. There will also be a delicious lunch to all Spring Clean participants. Come by, shake out those winter cobwebs, and help make Central look great! - Jay Wagner, Housing Program Director



## Tenant Spotlight on Wellness and Recovery

Jade P



Jade has been a positive tenant who is not afraid to spring into action when someone needs help. Over the years, Jade has volunteered her time and efforts for various community events like the Central Clean-Up Day and has facilitated groups like the Coping Skills Group. Jade has a passion for helping others succeed. Jade has gained the strength through her own struggles and now on the other side, uses her own personal experience, strength, and hope to help those who still suffer. Recently, Jade was selected to be a part of the Peer Recovery Support Team through the MRC, or Minnesota Recovery Connection. This is the same agency that puts on the Walk for Recovery every year. One of the main jobs of a peer recovery support person is to walk alongside a person in their recovery journey. Jade is well aware that there are many roads to recovery and each person's experience can be very different from another individual. Jade will also tell you that it is vital to treat one's mental health in addition to their

chemical health if one wishes to recover. Jade never judges, pressures, or lectures people who are striving to live life differently today no matter what life challenges may bring.

**A fun fact about Jade:** When Jade was a teenagers she was a member of the Civil Air Patrol. Jade knows how to fly a plane although she does not have her pilot's license. During her time in the Air Patrol, Jade got to camp out at one of the main Guard Bases and fly in military aircraft such as B52's, Transport Aircraft, and Apache Helicopters.

"The world can use more people like Jade and we are so proud to say that Jade is a part of our vibrant recovery community here at Central." - The Chat Team

If you would like to know more about the peer support program or the MRC in general please visit the website: <https://minnesotarecovery.org/>. This is also a great website for sober resources and events.

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Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage (a negative stereotype). Unfortunately, negative attitudes and beliefs toward people who have a mental health condition are common.

Stigma can lead to discrimination. Discrimination may be obvious and direct, such as someone making a negative remark about your mental illness or your treatment. Or it may be unintentional or subtle, such as someone avoiding you because the person assumes you could be unstable, violent or dangerous due to your mental illness. You may even judge yourself.

Here are some ways you can deal with stigma:

- **Get treatment.** Don't let the fear of being labeled with a mental illness prevent you or someone else from seeking help. Treatment can provide relief and reduce symptoms that interfere with your work and personal life.
- **Don't let stigma create self-doubt and shame.** Stigma doesn't just come from others. You may mistakenly believe that your condition is a sign of personal weakness or that you should be able to control it without help. Seeking counseling, educating yourself about your condition and connecting with others who have mental illness can help you gain self-esteem and overcome destructive self-judgment.
- **Don't isolate yourself.** If you have a mental illness, you may be reluctant to tell anyone about it. Your family, friends, clergy or members of your community can offer you support if they know about your mental illness. Reach out to people you trust for the compassion, support and understanding you need.
- **Don't equate yourself with your illness.** You are not an illness. So instead of saying "I'm bipolar," say "I have bipolar disorder." Instead of calling yourself "a schizophrenic," say "I have schizophrenia."
- **Join a support group.** Some local and national groups, such as the National Alliance on Mental Illness (NAMI), offer local programs and internet resources that help reduce stigma by educating people who have mental illness, their families and the general public. Some state and federal agencies offer programs that focus on vocational rehabilitation and offer support for people with mental illness.



- **Get help at school.** If you or your child has a mental illness that affects learning, find out what plans and programs might help. Discrimination against students because of a mental illness is against the law, and educators at primary, secondary and college levels are required to accommodate students as best they can.
- **Speak out against stigma.** Consider expressing your opinions at events, in letters to the editor or on the internet. It can help instill courage in others facing similar challenges and educate the public about mental illness.

Others' judgments almost always stem from a lack of understanding rather than information based on facts. Learning to accept your condition and recognize what you need to do to treat it, seeking support, and helping educate others can make a big difference.

Experts from this article were written by Mayo Clinic Staff. For more info visit: [www.mayoclinic.org](http://www.mayoclinic.org)

#### Some of the harmful effects of stigma can include:

- Reluctance to seek help or treatment
- Lack of understanding by family, friends, co-workers or others
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation

### Forgetting Your Medication? Tips to Tickle Your Memory

- Use a pill organizer with compartments for every day and load it up once a week. Leave the lid open for each day's medication after taking it, so you can see at a glance that you have taken your pills that day.
- Keep your pill box or organizer in a place where you will see it every day (e.g., on your dresser or next to your toothbrush).
- Try to take your pills at the same time each day and pick a time when you are almost always home (for example, when you wake up in the morning or when you go to sleep at night).
- If you use a datebook, write yourself a reminder. Use an unusual pen color so you can spot it easily.
- Post reminder notes where you'll see them – on the refrigerator, by your toothbrush, taped to your computer screen.
- Ask a family member or friend to give you a daily reminder call until taking your medication becomes an ingrained habit.
- Download a medication reminder app to your smart phone.
- Set automated reminders. You can set a daily alarm on your cell phone or computer. Many free online calendars allow you to set daily email or text message alerts (e.g., Google Calendar).



## Spiritual

JoAnn B

### Accepting our Limitations

Helen Keller said, "Life is a banquet and most of us are starving to death." Drinking and using sure kept us from seeing the beauty, the bounty in our lives. Since we recognized that we can't use or drink – and got clean and sober - most of us today can get higher than ever before on the important things like justice, peace, and love.

Those of us who seem successful in relationships have at some point learned to accept our shortcomings more than most.

Am I learning to accept my limitations?

***Higher Power, help me accept myself today, with all my defects, knowing that in your time I will gradually change for the better.***

A Reading from the Book: Day by Day - Second Edition by Anonymous

## Salty Summer Snack

Annalise

### Simple Roasted Chickpeas

1. Preheat an oven to 350 degrees F (175 degrees C).
2. Whisk the oil, cumin, garlic powder, chili powder, sea salt, black pepper, and red pepper together in a small bowl; add the chickpeas and toss to coat.



3. Spread into a single layer on a baking sheet.
4. Roast in the preheated oven, stirring occasionally, until nicely browned and slightly crispy, about 45 minutes.

#### Ingredients:

2 tablespoons olive oil  
 1 tablespoon ground cumin  
 1 teaspoon garlic powder  
 ½ teaspoon chili powder  
 1 pinch sea salt  
 1 pinch ground black pepper  
 1 dash crushed red pepper (optional)  
 1 (15 ounce) can chickpeas, rinsed and drained

# Experience Your Streets in a Whole New Way!

Open Streets Minneapolis brings together community groups and local businesses to temporarily close major thoroughfares to car traffic, and open them up for people walking, biking, skating, and playing. This community event is in its sixth year, and is co-sponsored by the City of Minneapolis.

Open Streets Minneapolis gives residents an opportunity to explore their neighborhood and local businesses in a safe, fun, and family-friendly way. It encourages the use of active transportation and healthy living, and has a goal of giving residents an opportunity to rethink our streets as public space.

**And of course, it's free!**

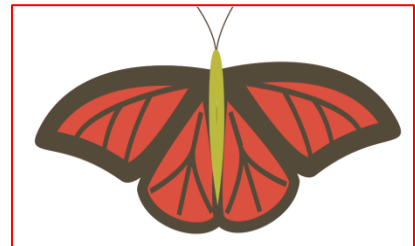
### Open Streets Downtown set for June 11.

Open Streets will host its Downtown Minneapolis event from 11:00 am to 5:00 pm on June 11.

The no-cost event will run down Washington Avenue to First Avenue and down First Avenue from Washington Avenue to Eighth Street.

The event will feature basketball activities by the Minnesota Timberwolves and Lynx, a street workout hosted by Alchemy and a big event in the Red Cow parking lot.

**DOWNTOWN: SUNDAY, JUNE 11TH**  
**LAKE + MINNEHAHA: SUNDAY, JULY 23**  
**NORTHEAST: SUNDAY, AUGUST 6**  
**FRANKLIN: SUNDAY, AUGUST 27**  
**WEST BROADWAY: SATURDAY, SEPTEMBER 9**



## Music in the Parks



**Featuring swing, folk, rock, bluegrass, classical and much more. The MPRB summer concert season fills the air daily with music at six concert venues running Memorial Day through Labor Day.**

### Loring Park

Wednesdays: noon

### Lake Harriet Band Shell

Monday-Saturday: 7:30 pm  
 Sundays: 2 pm and 5:30 pm

### Nicollet Island Park

Mondays: 7 pm

### Father Hennepin Bluffs Park

Tuesdays: 7 pm

### Minnehaha Park

Wednesday-Friday: 7 pm

### Bryant Square Park

Tuesday and Thursday: 6:30 pm



## Local Events



To get to this event, pretend that you are taking the #10 bus somewhere. No bus fare needed!



### Stone Arch Bridge Festival - 2017

**Friday, June 16**

Kick-Off Concert  
5-10pm

**Saturday, June 17**

FESTIVAL • 11am-7pm  
Art, Music & Car Show

**Sunday, June 18**

FESTIVAL • 11am-5pm  
Art, Music & Car Show

This free art and music festival features more than 250 visual artists, more than 50 live bands, a car show, and family entertainment. The Festival takes place along the Mississippi River, along Historic Main Street, in Father Hennepin Park, and at Water Power Park.

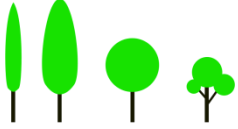
## Red, White & Boom!



Celebrate America's Independence Day at Minneapolis Red, White and Boom, a celebration hosted by the Minneapolis Park and Recreation Board. The annual event attracts more than 75,000 people to sites along the downtown Minneapolis riverfront, and features live music, great food, fun activities for the whole family, and the grand finale - fireworks!



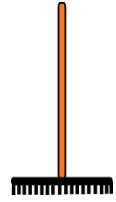
## Central Community Calendar



**Property Clean-up day.** June 7<sup>th</sup> from 8:00 am to 1:00 pm.

Come and volunteer to help weed, trim shrubs, spread woodchips and lawn maintenance. Let's get the outside looking spiffy for the upcoming parade!

Lunch will be provided...Sign up at the front desk.



### Monday Meander

Come and join tenants and staff for a leisurely walk around the neighborhood. This is a great way to start your day with a little exercise and fellowship. Meet in the lobby at 10:00 am.

Everyone is welcome!!!



**Men's Group:** Meets Wednesday Night in the Community room from 4:30 to 5:30pm. Topics of discussion are open and positive. Come for fun and fellowship with your neighbors. Light refreshments provided.



**The Coffee Connection:** Every Tuesday, Wednesday, and Thursday we have free coffee in the community room from 8:30am to 9:30am. Come down and start your morning with good coffee and conversation.

**Central Chat Newsletter:** Meets on the 2nd and 4th Wednesday of the month. We plan and create this newsletter each month.

### Karl's Fun Facts

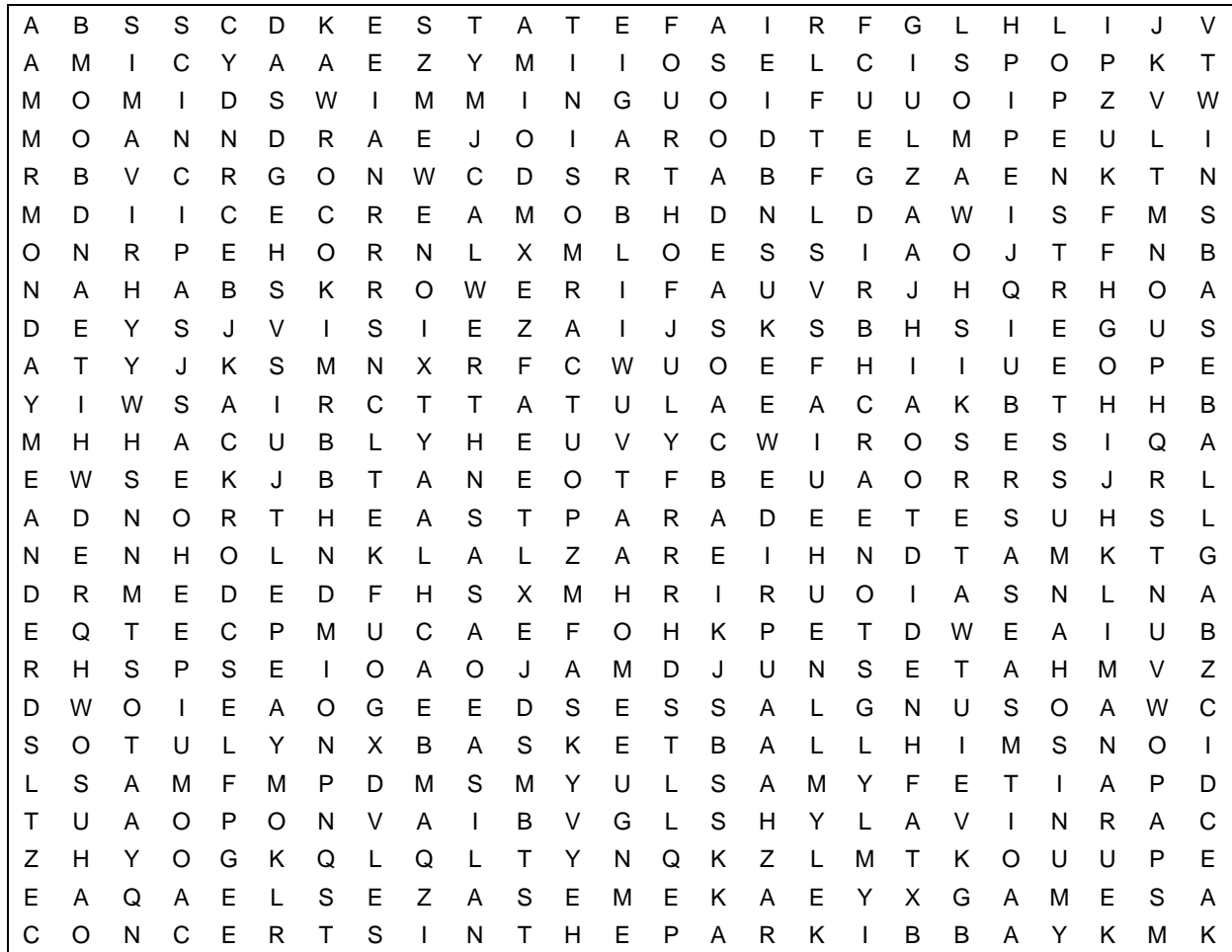
### The Month of June

- The Romans called June "Iunius" or Junius, but it is unclear whether this was after Juno, goddess of marriage, or whether May and June were named for the old and young: 'maiores' and 'juniores'.
- The Anglo-Saxons called June "sera monath" (dry month).
- June is celebrated as National Smile Month in the UK and National Oceans Month in the USA
- The American War of Independence started in June of 1775.
- June 19, 1845 the very first baseball game was played in Hoboken, New York.
- National Candy Month.
- On June 15, 1215, the Magna Carta was granted by King John.
- June 14, 1900 - Hawaii was organized as a territory.
- The Wimbledon English Tennis Tournament is played during the month of June.

**Did you know?** One of our greatest local companies (General Mills) is rooted in art. Betty Crocker is an entirely fictional character, commissioned by artists through the ages from 1936 through 1996. She was once the second best-known female in the U.S. after Eleanor Roosevelt.



# Summer in the City



- |                      |                 |                    |                    |                   |
|----------------------|-----------------|--------------------|--------------------|-------------------|
| Beach                | Fishing         | Movies In The Park | Popsicles          | Stone Arch Bridge |
| Bikes                | Fourth of July  | Northeast Parade   | Pride Week         | Sunglasses        |
| Carnival             | Ice Cream       | Open Streets       | Red White and Boom | Swimming          |
| Concerts In The Park | Lynx Basketball | Picnics            | Sandals            | Twins Baseball    |
| Fireworks            | Monday Meander  | Pool               | State Fair         | Water Ski Show    |

