

ENTERPRISE NEWSLETTER

February 2014

VALENTINE'S DAY & WRITE-ON WORKSHOPS AT THE ERC

When I attend: Every Friday at 2:15-5pm in the Linda Reed Room inside ERC

Who runs the

Workshops: Robert-Harry Rovin (yes, the whole name and that is two first names and a last name), a septogenarian (seventy-something years young), cat enthusiast, actor, environmentalist, practitioner of the calming arts, and a writer and a poet in his own right, (yes, he writes when we write and gives us a poem to ponder before that). He favors good poetry and sometimes reads from Rumi, or Hafiz, or Mary Oliver, among others.

Why I attend: 1) Write-On opens my heart for a talkative weeknd. 2) I find the cobwebs in the corners of my mind so I can ask friends and loved ones to help talk out stuff I just remembered I meant to process. 3) There is a guided, calming meditation in the first thirty minutes of the Workshop. 4) Snacks: writers bring food and you can too. (We are

not too picky the first time, but we prefer healthy snacks always, and you may desire to bring something the next time you come.) 5)

Aside from the snacks, when you read your writing we will speak only positive comments about your writing. We do not even add "constructive criticism". You wrote it. We like it as much as we can. 6) I get to mingle with the community: the people who attend are some teachers and moms and dads. The people who attend range in age. I sit around the table with twenty year olds and seventy-five year olds and lots of folks in between. 7) I get to tell a story I just wrote in the Workshop that day and everybody else in the room quietly listens.

What I have gained from Write-On over the few years I remain involved: Some say the unexamined life is not worth living. Some others survive without a mirror. I like what I see in my life. I like who comes and who stays. I like saying what I mean

to say. In Write-On, I get to know myself

for myself and write out my thoughts. I know what I have to offer now and have the ability to organize my words and say it. I write something at 2:45pm, and then by 4:30pm, I get positive comments and cookies. The first rule in any relationship is "I cannot read your mind." Now, I can organize my thoughts and look into the eyes of a potential friend and communicate what I mean to say. First, learn to sit quietly. Second, learn to relax. Third, learn to listen. Fourth, learn to write. Fifth, learn to control your temper and say positive words. Sixth, get ready to read what you wrote that day and brace for positive comments. Five O'Clock is coming soon – and that is when you get to grab what you wrote, to hop out of your chair, to make a comfort stop, and to head for wherever you call home.-



- Zachary Bourk

BELIEVE IN YOURSELF

Believe in yourself. Believe you are a gift from above. You are a good and loving person who matters so very much.

Believe in yourself when things get you down.

Believe a friend when they ask for help cause they believe in you. Believe that the days to come will be better than before. Believe in yourself. You have love to give. If it's hard to believe you

have so many gifts to give, just ask me and I'll tell you more!! Cause many believe you are the best, full of life and most of all, full of love.

Signed, A Friend

GOING POSTAL!

While teaching English as a 2nd language in Saigon, 1993, and using the *Reader's Digest*, a student asked; "What does going postal mean?" I stalled, transfixed by this question because it was pure Americana and being asked in Vietnam!

Vietnam in 1993 was third world and poor with a 1st class fabulous postal service.

The post office comparison of USA/Vietnam was drastic. In Saigon the post offices were numerous and opened from 7am to 7pm, seven days a week and mail service was secure and quicker because of longer hours. The floors were usually marble, there was background music, and you could sit down. The employees behind the counter are always women who dressed in 'ao-yai', a

flowing gown. Local phone calls are free.

The Wikipedia search for "Going Postal" is several pages long of Steven King-like material.

I explained to my students that in Post Office USA, there is no seating, no music and that while waiting in line, you can look at FBI wanted posters!

by JHM



Happy Valentines Day!

- Approx. 150 million Valentine's Day cards are exchanged annually, making Valentines Day the 2nd most popular card-sending holiday after Christmas..
- More than 300 million heart shaped boxes of chocolate are sold.
- On average, men shell out \$130 each on candy, cards, jewelry and dates. That's more than double what women commit to spending.
- About 8 *billion* candy hearts will be produced this year; that's enough candy to stretch from Rome, Italy to Valentine, Arizona 20 times and back again.
- 189 million stems of roses are sold in the U.S. on Valentines Day.
- California produces 60 percent of American roses, but the greater number sold on Valentines Day in the U.S. are imported, mostly from South America.
- Cupid is a well-known symbol of Valentine's Day. In Roman mythology, Cupid is the son of Venus, the goddess of love and beauty. In ancient Greece, Cupid was known as Eros, the young son of Aphrodite.

2012 Survey of Peer-Run Organizations

A copy of the 2012 Survey of Peer-Run Organizations is available to read in the ERC office. This report briefly describes the survey methods used and shed light on organizational operations of 380 peer-run programs which participated in the study.

Highlights

- The reach of peer-run services continues to grow nationwide, as does their need for more in-depth research.
- Peer support workers fulfill a variety of essential roles within systems of mental health care.
- Peer-run organizations are highly diverse, providing a variety of direct and non-direct support services.
- Most organizations serve adults, engage in various advocacy activities, and provide classes in self-care and wellness.
- Most organizations view some of their services as alternative to traditional mental health services, while at the same time view other activities as complementary.
- The majority of peer-run organizations receive some sort of government funding and report that governmental sources serve as their primary revenue source.

POSITIVE STEPS TO WELLBEING

Be Kind to Yourself -Treat yourself the way you would treat a friend

Take up a hobby and/or learn a new skill - Increase your confidence and Interest, meet others

Help Others - As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Eat Healthy - Eat regularly, eat breakfast, eat healthy, eat fresh food, drink water!

Connect with Others—Stay in touch with family & friends. Make regular contact with them.

See the Bigger Picture - Broaden out your perspective and ask "Is this fact or opinion? Is there another way of looking at this?"

Relax - Allow yourself to relax without feeling guilty. Pay attention to your breath

Have some fun! Take a chance and do something new. Be creative! Enjoy yourself!

.Exercise Regularly - Lift your mood! Reduce stress! Get outside! The first 30 minutes of exercise is the most beneficial!

Sleep - Get into a healthy sleep routine including going to bed and getting up at the same time each day.

Beware Drink & Drugs - Avoid using alcohol or non-prescribed drugs to help you cope - it will only add to your problems

Accepting 'It is as it is' - Some situations we just can't change. Allow your feelings and thoughts be - they will pass.

DENTAL SERVICES BEING REINSTATED

Great news for everyone on Medi-Cal! **Starting May 1, 2014**, many dental services are being restored. To begin, The Affordable Care Act (ACA), also known as "Obamacare" was passed by the U.S. Congress. In addition, Governor Jerry Brown signed Assembly Bill 82 in California. Under this law, specified dental services will be partially restored for persons 21 years of age and older.

Nearly all of the services associated with Adult Denti-Cal were eliminated in 2009. Three million Californians were left without dental coverage, sending many to the emergency room with their dental problems.

Not any more! If you are a Medi-Cal member, then Denti-Cal is your new dental service provider.

Some of the dental services covered by Denti-Cal include: exams, x-rays, cleanings, fillings, extractions and emergency services for pain control. There are other special services offered such as root canals, gum treatments, and even denture work.

So, if you are a client at the Enterprise Resource Center and have not seen a dentist in a few years, you will soon be able to make an appointment.

For additional information

go to:

www.denti-cal.ca.gov
Under "What's New", click on *Restoration of Some Adult Dental Services in 2014*. Or call Denti-Cal at (800) 322-6384

Please Note: All dentists do not accept Denti-Cal. Call 1-800-322-638 to find a dentist in your area. (This list may not be current.)

Remember to bring your Medi-Cal cards, valid California ID card and your social security number to your appointment. Be sure to call the dentist's office if you can't keep your appointment!

Marin City Health & Wellness Center

630 Drake Ave. Marin City 339-8813 Dental offered.

Marin County Dental Services

411 4th Street San Rafael 473-5450 Dental offered

Marin Community Clinics

3110 Kerner Blvd. San Rafael:	448-1500	Not accepting new patients Emergency Only
6100 Redwood Blvd. Novato	448-1500	New patients accepted for only a short while!!.
250 Bon Air Rd Greenbrae	448-1500	Does not offer Dental

AN UNQUIET MIND - By Dr. Kay Redfield Jamison - An Excerpt



There is a particular kind of pain, elation, loneliness, and terror involved in bipolar madness. When you're high, it is tremendous. The ideas and feelings are fast and frequent like shooting stars, and you follow them until you find better and brighter ones. Shyness goes, the right words and gestures are suddenly there, the power to captivate others a felt certainty. There are interests found in uninteresting people. Sensuality is pervasive and the desire to seduce and be seduced irresistible. Feelings of ease, intensity, power, well-being, financial omnipotence, and euphoria pervade one's marrow. But, somewhere, this changes.

The fast ideas are far too fast, and there are far too many; overwhelming confusion replaces clarity. Memory goes. Humor and absorption on friends' faces are replaced by fear and concern. Everything previously moving with the grain is now against you. You are irritable, angry, frightened, uncontrollable, and enmeshed totally in the black caves of the mind. You never knew these caves were there. It will never end, for madness carves its own reality.

It goes on and on, and finally there are only others' recollections of your behavior—your bizarre frenetic aimless behaviors. For mania has at least some grace in partially obliterating memories. What then, after the medications, psychiatrist, despair, depression and overdose? All those incredible feelings to sort through. Who is being too polite to say what? Who knows what? What did I do?

Why? And most hauntingly, when will it happen again?

Then, too, are the bitter reminders - medicine to take, resent, and forget. Credit cards revoked, bounced checks to cover, explanations due at work, apologies to make, intermittent memories (what to do?), friendships gone or drained, a ruined marriage. And always when will it happen again? Which of my feelings are real? Which of the me's is me? The wild, impulsive, chaotic, energetic, and crazy one? Or the shy, withdrawn, desperate, suicidal, doomed and tired one? Probably a bit of both, hopefully much that is neither. Virginia Woolf, in her dives and climbs, said it all:

How far do our feelings take their color from the dive underground? I mean, what is the reality of any feeling?

- Edited by Marissa Smith

Dr. Kay Redfield is one of the foremost authorities on manic-depressive (bi-polar) illness; she has experienced it first hand. For even while she was pursuing her career in academic medicine, Jamison found herself succumbing to the same exhilarating highs and catastrophic depressions that afflicted many of her patients. She is Professor of Psychiatry at the Johns Hopkins University School of Medicine and is an Honorary Professor of English at the University of St. Andrews.

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**"You've been working awfully hard lately.
If you need a little fresh air and sunshine,
you can go to www.fresh-air-and-sunshine.com"**



HAPPY
VALENTINES
DAY!!



Larry & David Playing Guitar

