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IN THE ZONE

PEACE ZONE NEWSLETTER
A PEER-RUN RECOVERY CENTER

August 1, 2013

Volume 1, Issue 4

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BENEFITS OF VOLUNTEERING

The PEACE Zone has been talking about ways for our members to get involved in volunteering. Upon reading an article from *Harvard Health Productions* where the benefits of giving back were outlined, it became a topic of discussion around the center.

Volunteering can help you meet new people, develop new skills and protect your mental and physical health.

They listed four reasons why you should volunteer:

- 1) Volunteering connects you to others ~ It allows you to connect to the community and to special interest groups. You can also further develop your socialization and communication skills.
- 2) Volunteering is good for the mind and body

~ It increases self-confidence and can lower depression. You can also maintain an active lifestyle. Even those with limited mobility (due to transportation or physical disabilities) can contribute by working from home to help an organization.

- 3) Volunteering can advance your job skills ~ If you have been looking for a job and they ask for skills that you do not have, try finding a volunteer position in which you can develop those skills. Many employers look at how you interact with others and if you can stay on task. These can be learned or enhanced by volunteering.
- 4) Volunteering brings fun fulfillment to your life ~ It is a good way

to explore new things. It can also energize you and allow you to escape from day-to-day routines. Many people find it rewarding to contribute something to the community and many have more to offer than they think.

Start to consider what your interests and passions are and then think about what you want to do and what you think you might be able to offer. It is important to consider what type of commitment you can make to a group and how much responsibility you can take on.

Make a list of possible places to contact or ask someone to assist you in finding good matches for volunteering.

Congratulations to Angel Dockham and Andrea Bush for submitting original poems for the newsletter. Angel's was printed in the July newsletter and you can find Andrea's on page 3 this month.

IN THE ZONE



PEACE Zone is a project supported by Southwestern Behavioral Healthcare, Inc.

WELLNESS PLANNING GROUPS

Wellness Planning has been developed by a group of people who experience mental health challenges. These people learned that they can identify what makes them well, and then use their own Wellness Tools to relieve difficult feelings and maintain wellness.

The result has been recovery and long-term stability. You develop a program that is designed to assist you in day-to-day terms, and hold

the key to getting and staying well. It does not necessarily replace traditional treatments, but can be used as a compliment to any other treatment options you have chosen.

You will use the tools that will most benefit you. You will learn how to use these tools when needed; every day, or when you have particular feelings or experiences. It will increase your awareness when things seem to be off balance in

your life, and help you coordinate effective ways to get back to feeling your best.

The PEACE Zone plans to offer Wellness Planning groups soon. If you are interested please let us know. Sign ups are going on now.

You can sign up the following ways:

Sign up in person at the PEACE Zone.

Call 436.4320

"I like to come to the PEACE Zone because I like to socialize and I also can relate to the people because we are all in some way in recovery. We can understand each other. I love the variety of activities; especially yoga."

Angel Dockham

participant

MEMBERSHIP MEETINGS

Starting in August, the first Thursday of each month at 1:30 p.m. the PEACE Zone will be having a membership meeting. You can attend and ask questions, make suggestions, and in general talk about how things are going at the center.

Please join us **Thursday, August 1st at 1:30 p.m.**

HACIENDA GIVES BACK

We wish to thank all those who participated in the Hacienda Gives Back on July 28th. We appreciate that you took the time to support the PEACE Zone and the additional money raised will assist us with programs and activities.

THANK YOU!



On the 4th Tuesday each month, the PEACE Zone holds bingo as an activity. It has been a popular activity for those who visit.

Several rounds of bingo are played and various prizes are given out to winners. In the past the prizes have included microwave popcorn, dish soap, puzzle books, etc.

Tony Johnson has played and said, "I enjoy playing bingo here. The prizes are nice to have. If I win several items, I share with others so everyone wins."

LEARN THE SIGNS OF A MENTAL HEALTH PROBLEM

Many people do not have a clear understanding of what mental illness is, let alone an understanding of the signs.

Here are some behaviors that may be signs of a mental health problem:

- Working slowly at tasks or projects
- Missing deadlines or appointments
- Calling in sick to work frequently
- Increasing withdrawal from socialization
- Expressing irritability and anger

- Difficulty concentrating and making decisions
- Appearing numb or emotionless
- Withdrawing from activities
- Overworking
- Forgetting directives, procedures and requests
- Having difficulty with transitions or changes in routines

These symptoms could also be the result of a variety of other issues going on within someone's life.

Do not diagnose. Instead acknowledge you have noticed a difference in their behavior and encourage them to consult a physician.



For more information on a variety of topics visit—Mental Health America online. www.mentalhealthamerica.net

Recovery Means Strength to Me

Arising out of the depths of despair to a bright new world where the sun shines brightly in my soul; even on the rainiest of days is what I take refuge in.

I have such empathy and concern for those who are faced with mental health challenges, for I have been there and some days it is a struggle just to keep afloat.

When we become united, through our ups and through our downs, there is no way we can lose. We will only gain self confidence and stand our ground.

*Andrea Bush
May 5, 2013*

812-422-1100
SUICIDE PREVENTION LINE
 Suicide is Real.
 Help is Available 24 Hours a Day.

Southwestern



August 2013

Tue	Wed	Thu	Fri	Sat
		1 1:30 pm Membership Meeting 2 pm Walking 4 Wellness 3 pm Stretching with Diane	2 2 pm Walking 4 Wellness	3 2 pm Walking 4 Wellness 2 pm Recovery Discussion Group 3 pm Stretching with Diane
6 4 pm Create! 5 pm Computer Basics	7 2 pm Walking 4 Wellness 3 pm A.S.P.I.Re	8 2 pm Recovery Discussion Group 2 pm Walking 4 Wellness 3 pm Stretching with Diane	9 2 pm Walking 4 Wellness 3 pm Yoga in Gym	10 2 pm Walking 4 Wellness 2 pm Recovery Discussion Group 3 pm Stretching with Diane
13 4 pm Create!	14 2 pm Book Discussion 2 pm Walking 4 Wellness 3 pm A.S.P.I.Re	15 2 pm Recovery Discussion Group 2 pm Walking 4 Wellness 3 pm Stretching with Diane	16 2 pm Walking 4 Wellness 3 pm Yoga in Gym	17 2 pm Walking 4 Wellness 2 pm Recovery Discussion Group 3 pm Stretching with Diane
20 4 pm Create! 5 pm Computer Basics	21 2 pm Walking 4 Wellness 3 pm A.S.P.I.Re	22 2 pm Recovery Discussion Group 2 pm Walking 4 Wellness 3 pm Stretching with Diane	23 2 pm Walking 4 Wellness 3 pm Yoga in Gym	24 2 pm Walking 4 Wellness 2 pm Recovery Discussion Group 3 pm Stretching with Diane
27 4 pm Create! 5 pm Bingo	28 2 pm Walking 4 Wellness 3 pm A.S.P.I.Re	29 2 pm Recovery Discussion Group 2 pm Walking 4 Wellness 3 pm Stretching with Diane	30 2 pm Walking 4 Wellness 3 pm Yoga in Gym	31 2 pm Walking 4 Wellness 2 pm Recovery Discussion Group 3 pm Stretching with Diane

Donations/Items Needed

If you wish to make a donation please visit our website at www.peaceevansville.org or call 812.436.4320.

A few items that we need are: computer paper, decaf-ground coffee, musical instruments, acrylic oil paint (indoor & outdoor), Prang watercolor paints, stretched canvas, small art canvas boards, sharpie pens—both fine and regular, 4 oz bottles of tacky glue, canned caffeine free soft drinks and individual sized snacks.

Job Opportunity

Peer Recovery Specialist

The PEACE Zone has an open position for someone to provide support and administrative duties to the PEACE Zone Recovery Center. The center provides recovery education, socialization opportunities, advocacy, peer support, and referral services to those living with mental illness.

POSITION REQUIREMENTS/QUALIFICATIONS: Applicants must be 18 years of age. High school diploma or GED required. Certified Recovery Specialist Certification required or must become certified within one (1) year of hire.

For more information or to apply visit:

<http://www.southwestern.org/careers/>

HOURS:

TUESDAY 3-7 P.M.
WEDNESDAY THRU
SATURDAY 1-4 P.M.

LOCATION:

ENTER FROM THE
MULBERRY STREET
GATE (LOOK FOR SIGN
ON FENCE)

PEACE Zone

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