

Vol. 1, No. 1  
July 1995

CALEDONIA

ACTIVITY

PLACE



CMHA-Building  
Hopewell Hill, N.B.  
Phone 882-2907

\*\*\*\*\*  
PUBLISHED AND DISTRIBUTED BY THE OUR VOICE/NOTRE VOIX  
VOCATIONAL SELF HELP OPPORTUNITIES PROGRAM.  
\*\*\*\*\*



Publisher: Eugene LeBlanc

CAP is produced by sylvia Berry, Barry Martin, Carolyn Kennie, Al Bellveau, Gary Gallant, Bertha Colpitts, and Amanda Cooper. Copyright (c) 1995 for the authors by CAP. Reproduction is permitted for non-commercial purposes provided credit given the individual author.

CAP  
c/o Our Voice/Notre Voix,  
1380 Mountain Rd.,  
P.O. Box 29004,  
Moncton, NB E1C 9N5

The Our Voice/Notre Voix Vocational Self-Help Opportunities Program is funded by the Mental Health Commission of New Brunswick, Regional Board -- Region 1. The purpose of the project is to provide meaningful vocational opportunities for the long term mentally ill. Preference is given to those attempting to live on subsistence level income assistance.

Benefits of participation include small honorariums, engaging work, and subsequent improved mental health. We would also like to think that those who receive the publication gain something. If you would like to support the program, and see CAP continue publishing feature issues from the mental health consumer's standpoint, please write or call our funders. They can be reached at:

Mental Health Commission of New Brunswick,  
Regional Board -- Region 1,  
P.O. Box 5001,  
77 Vaughan Harvey Blvd.,  
Moncton, NB E1C 8R3

Telephone: 1 506 856-2549



## THE HISTORY OF CALEDONIA ACTIVITY PLACE

The New Brunswick Mental Health Commission an Activity Centre Program organized on the principles of self-help, providing activities for consumers through consumer participation and self-help. The main goal of the Activity Coordinator was to help define the needs of the communities of Albert County in the area of mental health and then subsequently design and implement programs to meet those needs.

In September 1992, CMHA-Albert Branch Inc. hired Mrs. Sylvia Berry as the Activity Coordinator to manage the Activity Centre. Caledonia Activity Place has brought with it many programs of education, relaxation and support for the people of our County. Our programs are designed to touch all age groups from child to senior thereby contributing to the mental well-being of the County at large.

At present we have two non consumer volunteers. They are Barbara Haire who helps driving our people to coffee house and special events. The other is a grade 11 student who has been with us for about a year. She is very helpful in all areas. Her name is Amanda Cooper and we the Centre would like to thank her for all her help.

## MY VOLUNTEER EXPERIENCES AT C.A.P.S.

I have been volunteering my services at CAPS for a year now and before that I volunteered at the Forest Dale Nursing Home for 2 years.

My volunteer experiences at CAPS has been good, so far. I enjoy working with people who are less fortunate than I am. I enjoy doing crafts, bingo and watching movies with them, and just sitting down and talking, one on one, with them about their lives, hobbies and their vacations that they take. Most people don't take the time to listen to what they have to say and if they did take the time they would realize that they have a lot of interesting things to say.

I enjoy volunteering at CAPS. Volunteers are always **welcome** there. If anyone wishes to do so, Please contact Sylvia Berry at 882-2907.

*Amanda Cooper*

To:  
Amanda

Page 2

A FRIEND FOR LIFE

A friend for life  
Is all I need  
I've got you to help  
All my feelings breed

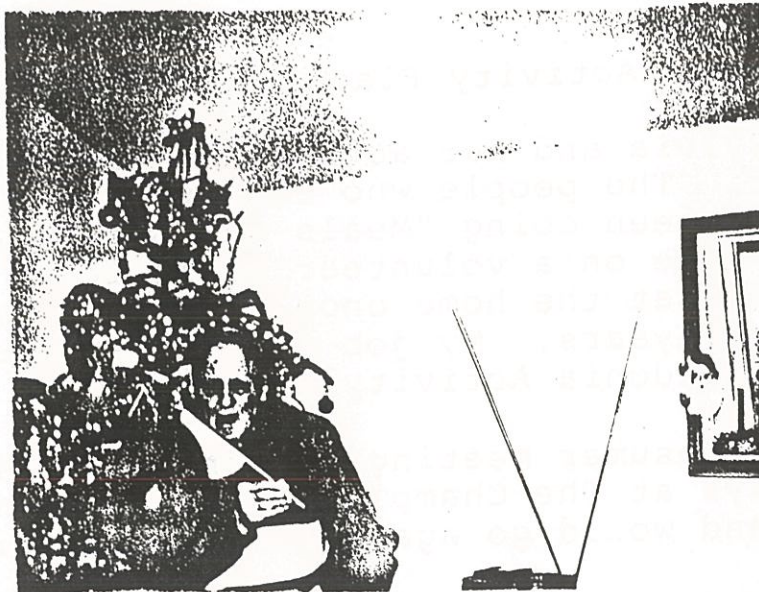
You came into my life  
And we became friends  
We shared our secrets  
And helped our problems mend

You're kind and helpful  
Just what friends are  
A feeling of hate for you  
In my heart is far

You help me with my problems  
And comfort me when I'm sad  
When we became friends  
I was very glad

Glad that you were open  
With lots of kind in your heart  
No matter how far you may go  
My dearly love for you will never part!





### OUR FRIEND FRANNY

Franny is an 81 year old senior who comes to our Center once a week. A lot of people know Franny. He has been living here all his life, but no one seems to know anything about him. He could be diagnosed as a Schizophrenic or Multiple Personalities. He is a very paranoid person but very loveable. He is an excellent seamstress and loves a good dance. He also hates to be touched and mocked.

Over the years he has walked a lot of miles and picked a lot of berries. Lately his health has been getting worse. His breathing has deteriorated a lot lately.

Sometimes Franny talks, hits, and curses a lot to everyone. The next minute he is laughing to himself. Some of us have known Franny for a long time but hardly ever see his smile. He has several friends from his childhood who sit on his shoulder, and he talks to them or fights with them, depending on who they are. Sometimes he even fights with himself. He definitely picks his friends few and far between. I guess the one good thing about it all, is that he doesn't know how he is. He has a fine collection of belts, clocks and watches. He doesn't care who you are, his first question when you meet him is "Can I try on your watch"?

*Sylvia F. Berry.*



## Calidonia Activity Place "HELPFUL TO ME !"

I like Sylvia and her activities and I like helping at the center. The people who come to C.A.P.S. are good to me. I have been doing "Meals on Wheels" at Forest Dale Nursing Home on a volunteer basis for 2 years. I also do bowling at the home once a week, I have been doing it for 7½ years. My job for the summer is mowing the lawn at Calidonia Activity Place.

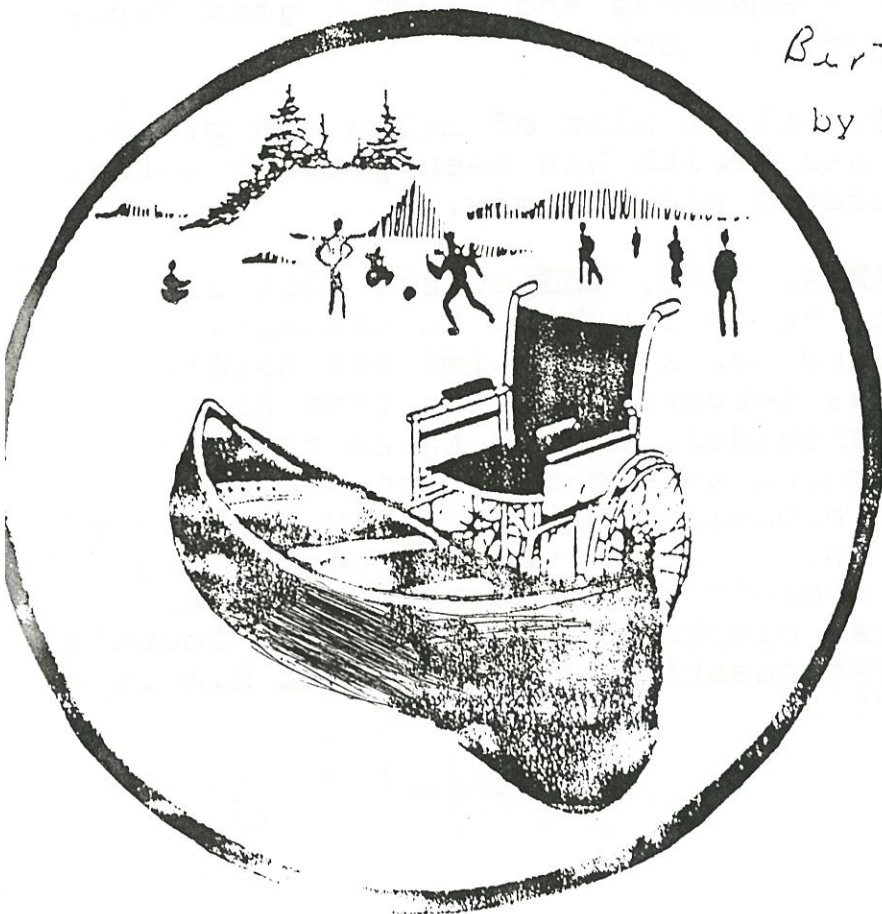
I attended a Consumer meeting in Moncton with Sylvia last year for 3 days at The Champlain Inn. I found it very interesting and would go again if I had the chance.

I find doing my volunteer work and working at the center very helpful to occupy my time.

I found out today how I can help deal with my sickness better. My Doctor has giving me a new medication to take. It was wonderful words to my ears. Now maybe I can adjust better. I have been at my present home for 14½ years and I am moving the end of July, because my home owner is retiring. I look forward to the move for a change and I know the girl where I am moving to.

Bertha Colpitts

by Bertha Colpitts





THE BUSINESSES THAT ADVERTISED IN THIS NEWS PAPER WOULD LIKE TO CONGRADULATE CALIDONIA ACTIVITY PLACE FOR A JOB WELL DONE!!

Owner/Operator: Cindy Hewitt



## Hillsborough Fashions Ltd.

227 Main St. Hillsborough -734-3224

*Quality Ladies Wear*

Store Wide  
Summer Clearance Sale  
30-60% Off



30% - 60% off All <i>Dresses</i>	30% - 40% off All <i>Suits</i>	30% - 40% off All <i>White Jackets</i>
40% off All <i>Sweaters</i>	30% off All <i>Blouses</i>	30% - 40% off All <i>Slacks</i>
30% - 50% off All <i>Skirts</i>	30% off All <i>Jewellery &amp; Acces.</i>	30% off All <i>Shoes</i>

## Treasured Memories

RT. 915, New Horton, N. B.  
882-2469

Antiques and Crafts  
"Located in The Little Red School House"

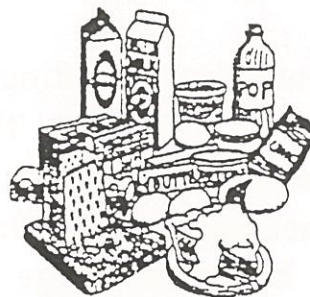
*Have a fun weekend and drive safe*

Dannean Worth



## Albert Variety

Quik



Mart

OPEN 7 DAYS A WEEK

7:30am to 9:30pm

Your Atlantic Corner Store

On the Corner Of Route 114 & 915

Albert New Brunswick

Joe and Jeanette Linke

## No One Need Stand Alone



## Cape Enrage Campground



Escape The City  
Off Route #915

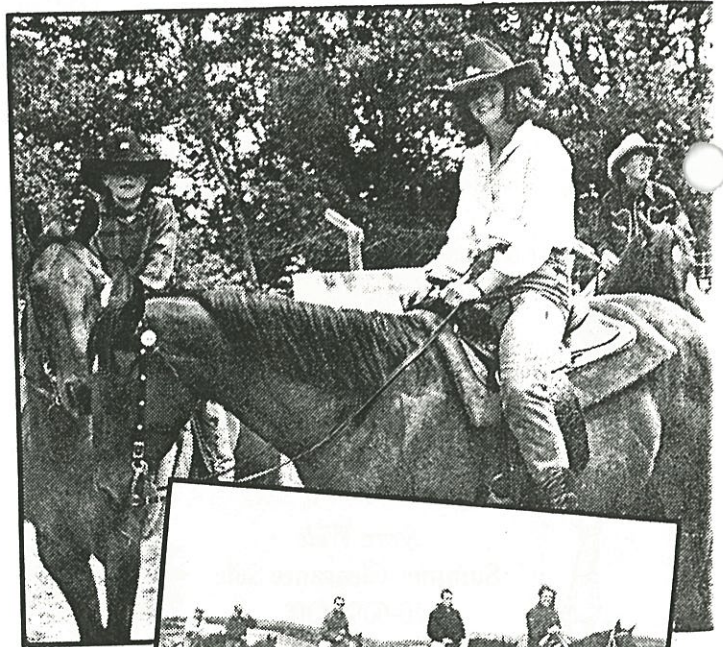
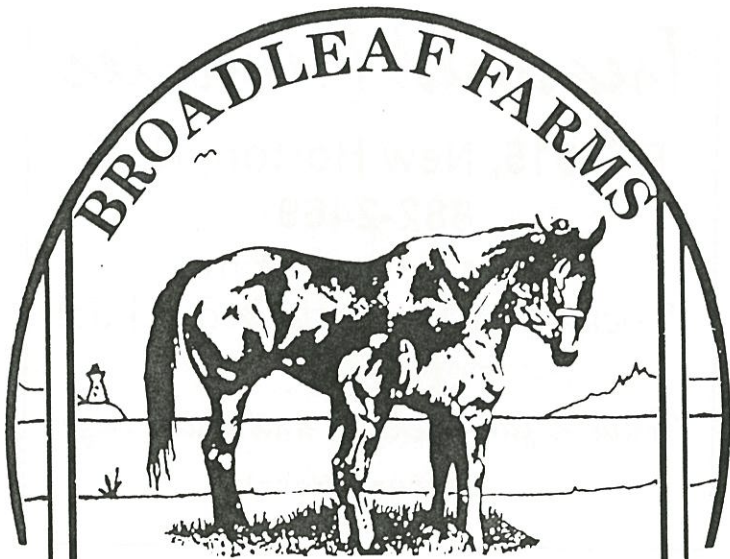
Cape Enrage Road

1/2 Way Between Albert & Alma

887-2217 882-2918

Albert County N.B.





Broadleaf Summer Riding Camps  
 Riding Stable • Overnight Trail Rides  
 Horseback Day Adventures  
 Farm Vacation Bed and Breakfast  
 Broadleaf Lodge

**Hopewell Hill**  
**Albert Co., N.B. E0A 1Z0**

**Tel: (506) 882-2349**  
**Fax: (506) 882-2075**

**Rte. 114, 60 km. west of Moncton**

## Broadleaf Summer Riding Camps

**W**eek-long summer camps are scheduled providing instruction in riding, stable management, grooming, tack care and classroom theory on nutrition and care of your horse. Bring your own horse or one will be provided for you. Students participate for awards in their own horse show. Offer your children the chance to learn riding skills while experiencing a fun-filled week on the farm. Reservations required! Package Discounts.

**Price:** \$250.00/person/week GST inc.

**Includes:** Accommodation and meals at the farm, recreational activities, an overnight camp out, Horse Show and awards.

**Dates:** June 25 - 30      July 30 - Aug. 4  
 July 2 - 7            Aug. 6 - 11  
 July 9 - 14          Aug. 13 - 18  
 July 16 - 21        July 20 - 25  
 July 23 - 28

Owned and operated by Kathy and Darrell Weir



## SOME FACTS ABOUT PARANOIA

When I was 18 I entered a hospital for Paranoia. I was put on medication for the first time. I stayed in the hospital for about two months. While I was there, I stayed scared and very paranoid until the medication took effect. Everytime I was released from the hospital I went back to "Street Drugs" and "Alcohol", trying to stay high. I just couldn't learn my lesson. Well, after twenty-five or more admissions to hospitals, all over the country, I finally smartened up. I was placed in a Special Care Home, three years ago. I've somehow managed to stay straight and sober. I pray alot and that seems to help me. When I was in the hospital I had alot of E.C.T. (Electro-Conxulsive Theropy). I have a really hard time remembering my past, which is good in a positive way, but I am now on heavy medication. All my medications are tranquilizers. I am able to function at a slower pace than if I was not taking them. I have accomplished alot since I have been straight and sober.

I also work, at the Special Care Home. I help the owners by helping the residents in wheelchairs. I help them in the washrooms and I help one resident to lay down and also to get up out of bed.

I work as a volunteer for Meals on Wheels at Forest Dale Nursing Home. I also work as a janitor, part time at a few houses in the area. These jobs help me to stay stable and give me some extra money which I need.

I would like to thank Sylvia Berry, Connie Snelgrove, Kelly MacLean and Paul Collins for helping me to stay straight and sober. The Activity Centre keeps me working and active. I am very grateful to be apart of it all. Thank You Everybody!

  
Gary Gallant



## MY STORY OF M.S.

The first discovery of my illness occurred in August, 1983 at the age of 33, when I went into the hospital because of bladder problems. Then they took all kinds of tests and discovered I had M.S. I went home at the end of August with three nurses to help with my care, one was for counseling- to help me deal with my personal care, and to help my life be a bit more easy. The second was for intermittent catheterization, and had to report on how I was doing with my bladder functions. The third was for physio, they stayed for two months.

When they left I had an indwelling catheter. Then my progress had gotten worse and I was bed-ridden for two months and had to have a Von nursing to help my wife with my care.

On December 26, 1983 I ended up in the hospital for 5 months. When I went home I was in semi-remission for about 1 year.

In January 1986, I went back to the hospital for just tests and found out I had gotten worse, not allowing me to go home for 14 months. Then I was put in a Special Care Home in Hopewell Hill, N.B. I have been here for 8 years. Over these years, I have gained some abilities but also lost some. I am now unable to walk, or dress myself or do anything physical. I have met a lot of friends since I have been going down to the Caledonia Activity Place, and have had a lot of help both physical and mentally from them especially Sylvia Berry (Activity Coordinator) and Gary Gallant, one of my special friends who lives with me. The hardest part of this illness is not being able to live at home with my wife and watch my two girls, Angela and Lisa, grow up. One of the good things are the people at the home where I live who take wonderful care of me, Marg and Carl Younden.

Marg, Carl and Phyllip Younden.....THANKS!!

  
by Al Belliveau







## DEPRIEVE THE THINGS IN LIFE

I often wondered what the word "deprieve" meant, but come to think of it I may be the most unluckiest person in the world.

I found that being 47 years old and living alone, and has the tendency of talking to myself or forgetting where you have laid things down or being ONE SELF.

So, I found that by spending time with some one you really care for, takes the loneliness away.

I think that someday I would like to marry this wonderful person who is in my life. But because of my health or other reasons I feel that I will never get married.

Hopefully In months or years to come, things in my life will change. I feel that life is too short to live it alone. Hopefully I would someday forget about the word "deprieve" had ever come into my life!

by Carolyn Keenie

## AN EVENING AT C.A.P.S.

Since I've started going to C.A.P.S., I've spent some very enjoyable evenings there playing cards, bingo, or watching a favorite movie with some of my closest friends. I've also learned that most people like to be getting out and being with other people, less fortunate than I am. Having our canteen open also gives us a chance to have a cool drink or bars & chips to munch on. There could never be enough hours in the evening to be spent with all your friends who deeply care for you, such as the ones I have been with while I've been going there.

by Carolyn Keenie



# DEPRESSION

## WHAT ARE THE SIGNS OF DEPRESSIVE ILLNESS?

Depression becomes an illness, or clinical depression, when the feelings described above are severe, last for several weeks, and begin to interfere with one's work and social life. Depressive illness can change the way a person thinks and behaves, and how his/her body functions. Some of the signs to look for are:

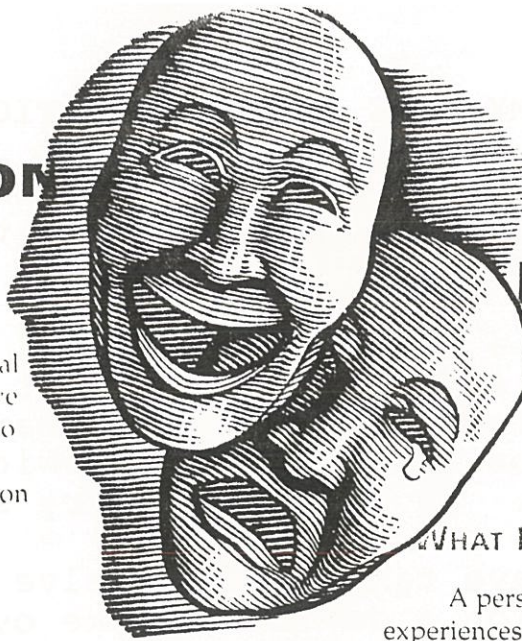
- feeling worthless, helpless or hopeless,
- sleeping more or less than usual,
- eating more or less than usual,
- having difficulty concentrating or making decisions,
- loss of interest in taking part in activities,
- decreased sex drive,
- avoiding other people,
- overwhelming feelings of sadness or grief,
- feeling unreasonably guilty,
- loss of energy, feeling very tired,
- thoughts of death or suicide.

If you or someone you know has been experiencing a number of these symptoms, we hope this pamphlet will help you understand what is happening and encourage you or your friend to seek professional help.

## HOW IS DEPRESSION TREATED?

Depression is the most treatable of mental illnesses. Most people who suffer from depression are helped by the treatment they get, which usually includes medication and/or psychological counselling. Support from family, friends and self-help groups can also make a big difference.

Many people who are seriously depressed wait too long to seek treatment or they may not seek treatment at all. They may not realize that they have a treatable illness, or they may be concerned about getting help because of the negative attitudes held by society towards this type of illness.



# DEPRESSION

## WHAT IS MANIC DEPRESSION?

A person with manic depression experiences cycles of moods, including periods of depression, normal mood, and mania. How often the periods of mania and depression happen and how long they last can vary from a few weeks to several months. The signs of depression are the same as described earlier. The signs of mania include:

- an excessively high or elated mood,
- unreasonable optimism or poor judgement,
- hyperactivity or racing thoughts,
- talkativeness, rapid speech, sometimes becoming incoherent,
- decreased sleep,
- extremely short attention span,
- rapid shifts to rage or sadness,
- irritability.

A person experiencing mania may do things which are out of character and create difficulty for those close to him/her. For some, this involves spending money very freely and getting into debt, or showing disregard for the law. They may also show lack of judgement in their sexual behaviour.

As with depression, biochemical factors are thought to play a large role in manic depression. People who come from families with a history of the illness are also more likely to develop it than those who don't.

## HOW IS MANIC DEPRESSION TREATED?

Treatment for manic depression usually involves medication that can help reduce, if not stop, the extreme swings in mood. Psychological therapy and the support of family, friends and self-help groups can also help people with manic depression to lead full and active lives.



## MY LIFE AS AN EPILEPTIC

I am a man, that 27 years ago, started taking Epileptic Seizures and have not felt the very best, now, for a good part of it.

Epilepsy is a bad sickness that I wish could leave my body with the snap of a finger. It is a disease I have had for at least twenty seven years, when I was in a car accident coming into New Brunswick from Ontario at the age of 15. It has been a very sad life for me.

I take or have taken about twelve hundred milligrams of medication a day and I take over 36000 milligrams of medication per year.

My mother says to me, when I am visiting her at her home, how she worries if I will remember to take my medication when I am there. There are times I do accidentally forget to take it and that seems to upset her a lot.

I have been on the Board of Director at C.M.H.A. for at least 2 years and I run the canteen at Coffee House or have ran it for at least 1 year and also volunteer for C.A.P.S. When we have dinner I help with the cooking, and also help with Card Parties. I also work on the farm where I live which helps me not to dwell so much on my illness.

I met a young woman eleven years back. She also was diagnosed with Epilepsy. I would like to write a little story on her.

Her Seizures first started when a bedspring accidentally hit her on the head. For the last 16 years she has had this sickness. Now she has been living down at the Home where I live, and she has changed totally. Meaning, that she is no where's the same kind of lady when she first moved in. Everything has changed except her sickness. She still takes seizures every now and then. She also takes a lot of medication. There are times she doesn't take them.

continued on next page.....



## MY LIFE AS AN EPILEPTIC ( con't....)

She is a very sensitive person, and she gets her feelings hurt very easily. She cares as little as ever on taking her medication because she doesn't want to be what she is, on account, she thinks she is a "Freak!"

She went to an interview for a job out in Saskatchewan and the man said to her: quote, unquote, "Why would I want to hire a thing like you to work at my business!"

This is her thoughts of Epilepsy!

I worry about her sickness more than I do my own. AS many would say, I should worry more about myself rather than anybody else.....true, but I seem to think I am better off than her. It seems that its all around me!

The best words I would love to hear is to have someone tell me that they have found a cure to our sickness. Good Lord, that would be the most wonderful words that I have ever heard.

by Barry Martin





## WE CAN DO ANYTHING

Terry Kelly singer songwriter from Atlantic Canada has three solo albums, production company, outstanding athletic career and he is striving for more.

One of my long term goals is to have my music played and perform internationally explains Kelly.

Kelly first came on the music scene as a solo artist in 1984. He received five awards at the 1993 East Coasts Music Awards including Album of the Year, Song of the Year, (In My Father House) and also in 1993 three nominations at the Canadian Country Music Awards. He also won the Sunburst Artist Promotion Award for 10,000 dollars.

Kelly has other interest besides music. He is a accomplished runner and recreational skier. He was a double silver medalist at the 1979 track and field. Kelly is the third blind person to run a mile in under five minutes.

The Saint John's native's latest album includes "We Can Do Anything" which Kelly feels is an expression towards life.

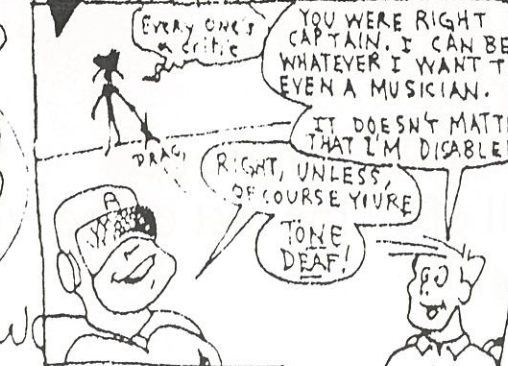
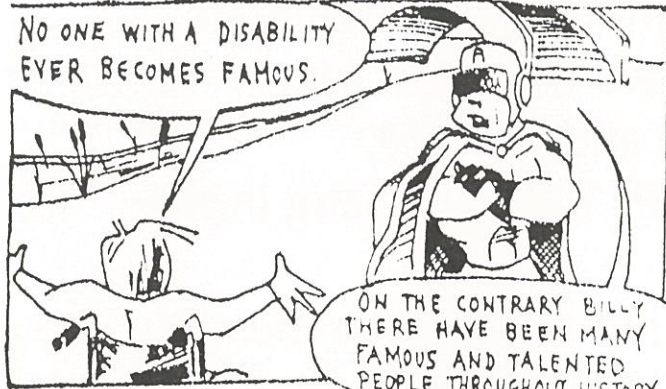
Kelly quote "We Can Do Anything" is about the fact that life is what you make it. You can do whatever you want explains Kelly. "We all have the power to change or re-adjust things."



Sylvia F. Berry

# CAPTAIN ABILITY

Hatch-N-Guest



**FACT?**  
WHAT MATTERS IS YOUR ABILITIES, WHETHER YOU HAVE A DISABILITY OR NOT!



## Don't Give Me Looks

Don't give me looks that put me in my place  
that open my mail  
that smell me coming and going, and see me  
everywhere.

Don't give me looks made of plastic smiles  
reserved for co-workers who rush past  
on a wave of caffeine and nicotine,  
letting "How are you?" drift and hang in the  
air.

You say, "Fine!" neither hearing nor meaning it.

Don't give me those looks.

Don't give me looks full of hell and damn  
and who cares? who cares?

that flap on the line like clothes in the wind  
that ring and ring like a telephone in an empty  
room

that flicker white and snowy, like the telly at  
midnight

that are snowblind in August

that are full of all the rest of the world  
and not me.



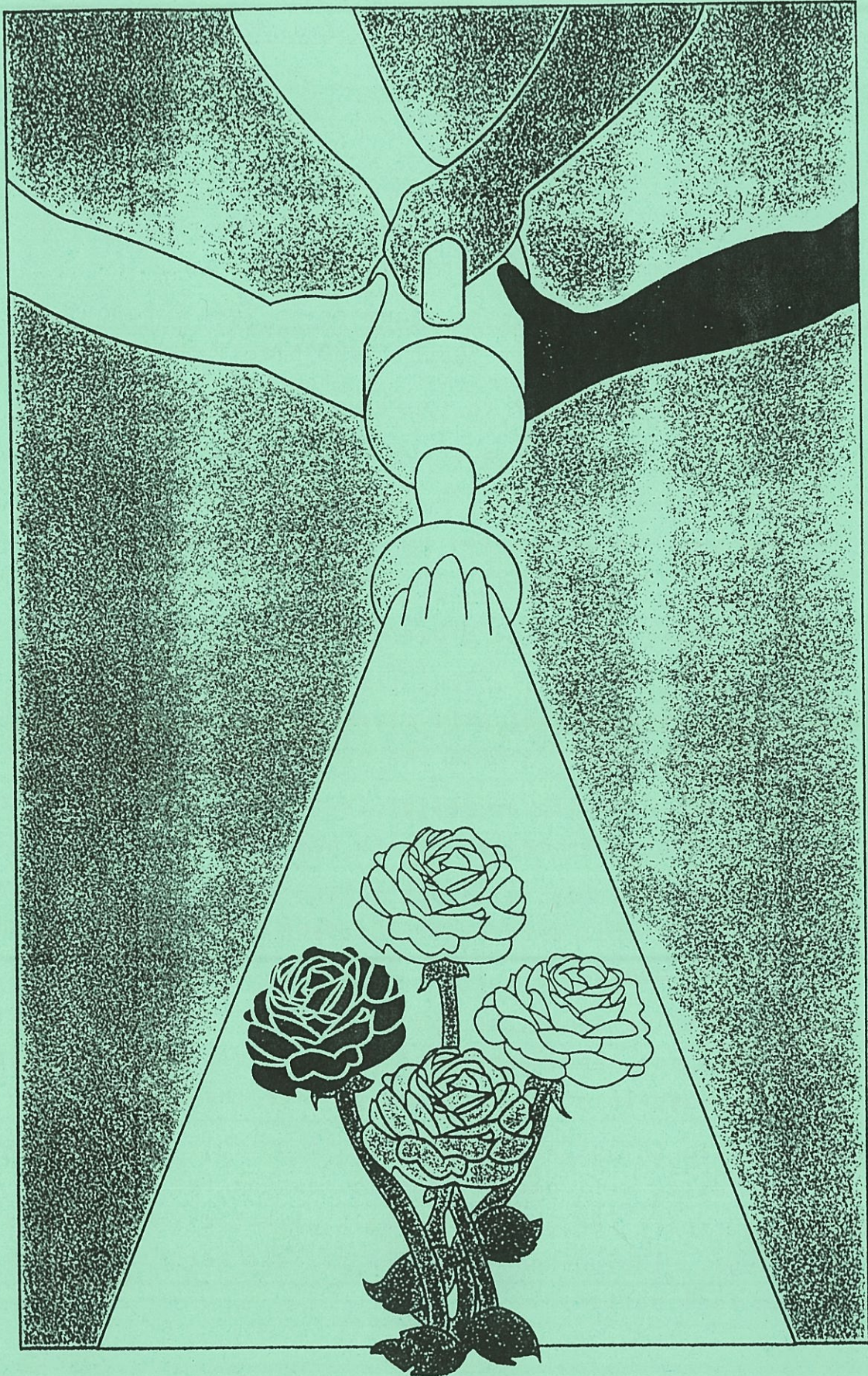
## TEN COMMANDMENTS FOR FAMILIES OF THOSE WITH MENTAL ILLNESS.

Some advice on how to and how not to deal with a person who has mental illness.

1. Do not advise him or her to use "will power" which is arrogant, dangerous and ignorant to say.
2. Do not offer such fatuous remedies as "get a hobby", "Keep your chin up" or "Count your blessings".
3. Do not ask him or her to "pull yourself together".
4. Do not suggest a change of scenery for the mental patient takes his scenery with him wherever he goes.
5. Do not say "If you really loved me you would...".
6. Do not urge "If only you would try a little harder". This is like imploring a hunch-back to straighten up a bit.
7. Do not imagine for a moment that a new job, mate or a change of residence will clear up the ailment, for the problems come from within the person, not from without.
8. Do not invoke faith or religious inspiration because faith must be rooted in mental health not illness.
9. Do not preach, beg, give pep talks, threaten, bribe, or do anything that assumes the patient could change if only he or she would.
10. In a positive sense, be sympathetic but not sentimental, cool but not hard, concerned but not frightened and most of all keep in mind...."There but for the grace of God go I

None of these things are easy, some impossibly hard, but at the very least, well persons should respect the illness. They would not expect the patient to walk with the equivalent of two broken legs. They cannot make the patient better but they can help him feel better.





**Honourable mention:** Michael Robertson and Kyle Sidwall, River Heights, Junior High School, in Winnipeg, Manitoba, drew this unique rendition of a **Together We're Better!** watering can.