

ENTERPRISE NEWSLETTER

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OUT ON THE BEAUTIFUL SEA

Just out of Jr. High School, an opportunity came my way that I jumped on...

My grandfather, Joe, I called him Giuseppi, was an Albacore Fisherman, He had a boat called "Irish Miss".

Being out on the beautiful sea was like being on vacation.

My biggest accomplishment that summer, after repeatedly going up and down the coast with Giuseppi, was beating sea-sickness!

Although, it didn't become my chosen profession, for obvious reasons, it was a

unique series of experiences, and gave me a chance to have gotten to know my grandfather in ways I otherwise would not have had .

Another benefit for me was that because the requirements to bring in the fish was strenuous, I learned to do a good days work. And in its own way, that early experience taught me work ethics and prepared me for the job market.

My Uncle Mike kept with it and he has a small high



quality label for fresh Albacore tuna. It's called "Pacific Fleet." In San Rafael, United Market carries it.

By Jason

CELEBRATING THE UNCELEBRATED RECOGNITION AWARDS DINNER & ART SHOW

Come help celebrate this years recipients at the "Celebrating the Uncelebrated" Recognition Awards Banquet, **Thursday, May 12th at the Embassy Suites Hotel**. After receiving 60 nominations the Mental Health Board judges selected 8 new members for the Marin Mental Health Hall of Fame. We have 3 of our own recipient winners!

Matt Tasley - Artist & Peer Counselor

Leah Fagundes - Peer to Peer Group Leader, Active in Client Groups, Peer Counselor

Steve Harris - Enterprise Weekend Supervisor

Kathy Chestnut - Adult Case Management Supervisor and LCSW

Rosa Lopez - CAM Employee Family Partner & Spanish Language Family to Family Leader

Lee McDougale - Buckelew Employee Services advocate for client employment

John Ratzlaff - Volunteer musician to clients in skilled nursing facilities

SEE BACK PAGE FOR ART SHOW INFORMATION!!

MUSIC & MOVEMENT



Come join us on **Friday mornings 10-11:00am** with **Liz Ramos**, and have fun with music and movement! Listening to music and moving your body at the same time helps every body feel better! Join the fun here at **ERC!**

DEPRESSION BI-POLAR SUPPORT GROUP

This ongoing support group is still going strong. The purpose of this group is to share thoughts and experiences with like minded people. It is a support group focused on people

who have a depression or bipolar diagnosis, however, people with other diagnoses are most welcome! **Wednesday 6:00-8pm at Enterprise.**

HEALTHY HABITS SUPPORT GROUP



Do you ever feel that you want to improve your general health, but are confused about how or where to begin? Healthy Habits Support Group is

the answer! Alex and Stacey will discuss fun and affordable ways to improve your health. Join Alex and Stacey **Thursday afternoons from 3-4:00pm** in

the LRAC Room.

This is a super helpful and informative class. Come soon, final class is May 5th.

PATHWAYS TO SUCCESSFUL AGING MAY 12TH - 9:00AM-1:00PM



The Marin County Division of Aging & Adult Services and the Marin County Commission on Aging present **Pathways to Successful Aging**. The keynote speaker is Ysabel

Duron, Award-winning journalist and founder of



Latinas Contra Cancer.

This event is being held at the Embassy Suites and costs \$15 to attend. Lunch is provided. For more info and to register call (415) 473-2980.

THE MOST POSITIVE INFLUENCE IN MY LIFE

I was 17 years old and living with my father in Sausalito in a spacious 3 bedroom house up high in the Banana Belt.

To make a long story short, I wasn't getting along with my father. So when my father asked me to move out on my own...I felt shocked, hurt & angry. I knew there was no negotiating with my Dad.

Immediately I began looking through the want-ads in the IJ. When I discovered a room to rent, it was in a house in Mill Valley.

The owner Retha Smith from Little Rock, Arkansas, rented me a room for \$100.00/month.

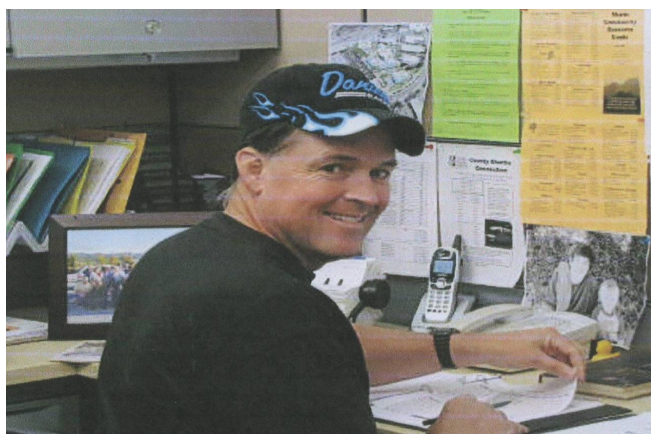
Retha Smith is the most influential and most inspirational

woman I have ever met. She was a Mormon and it was through her teachings that I was converted to Mormonism. She introduced me to the Elders from the Church of Jesus Christ of Latter Day Saints.

Before I moved into Retha's home, I was doing illicit drugs and drinking. But as soon as I was

baptized into the Mormon Church...it was at that moment when my life completely changed for the better. It was because of Retha Smith that I served a full-time mission in Columbia for two years. I have never been happier thanks to my beloved Retha Smith. May God bless her. Retha Smith, I love you.

Gregory Cowan



BRUCE GARGANUS "HOUSING FIRST" FOLLOW-UP APRIL 20TH

Last month Bruce Garganus and Bobbie Rockoff talked with ERC clients about the new Housing First Program to be administered by the Ritter Center. On **Wednesday, April 20th, 1:00-2:00pm**, Bruce will be here with



Colin McDonnell from The Ritter Center to clarify and answer questions that pertain to the selection of the first 12 clients for the Housing First Program. Bring your questions. It promises to be informative and groundbreaking.

TENNIS & RECOVERY

Interview with Hasan Kabir Aly



What's your heart's desire? I want to be an Amateur Tennis Pro.

How do you see that dream taking form in your life? The College of Marin has excellent classes and I've been a student of tennis for 4 semesters.

If my dream came true, I see myself having fun and being inspired while teaching children and encouraging them to love the game.

Working with adults would develop another aspect of my sportsmanship. The dynamic tension would be there along with many challenges that adults bring to the game. From those interactions I can see myself expand and grow as a player.

Something that I feel would be a great accomplishment for me would be to have the opportunity to play open mixed doubles in an amateur tennis tournament. For me, playing doubles would be participating in something bigger than just myself. Talking about it is exciting. My dreams give me something to hope for. They keep me alive.

What difference does tennis make in your day-to-day living and Recovery?

Tennis is a way to bring me out of my shell. While I curl up in my shell, I feel comfortable, but when I step onto the court I feel life forces kick into gear—like a transformation happens and I become a tennis player.

How do you make the shift from being in your shell to stepping out onto the court?

I connect with the spirit within. When I focus attention on my spirit, I feel grounded, centered and oriented. Since my physical comfort level is important for me to be at my best, I arrange my games in the summer evenings when it cools off. That's something I know I can do for certain about myself and I can do something about. When I schedule for evening times, I know I'm giving myself the best advantage. When I choose to step out of my shell and onto the court, an energy shift happens almost immediately.

Lessons I've learned? This may surprise some but I think I'm good at tennis because I know how to lose. When I see that part of me, I know I'm in recovery.

This is provocative. Can you say more? For me to be a good player, I've learned to accept the good with the bad. When I finally learned how to experience loss, it actually helped me to live my life more fully.

PREMIER OF NEW MOVIE CALLED "HAPPY"



The very well known and beloved **Comedian...Michael Pritchard...** is premiering his movie "Happy", **Wednesday, May 4th** at the Marin Jewish Community Center for \$10.00. HAPPY takes us on a journey from the swamps of Louisiana to the slums of Calcutta in search of what really makes people happy. Combining powerful interviews with the leading scientists in Happiness Research and real life stories of ordinary and extraordinary people around the world, HAPPY explores the secrets behind our most valued emotion. Join Michael, award winning advocate and keynote speaker, after the movie for discussion and questions. Michael has made his lifework sharing tools for building social intelligence and saving our schools from hate and violence.

FEEDBACK ON THE NAMI PEER EDUCATION COURSE:

"I found the NAMI 10 week Peer Education Course very helpful. I seem to be more relaxed and experience less anxiety. I enjoyed the feeling of belonging and I recommend that you try it. - Peter Mathieu

The hardest thing for me to understand is how little control I have over my thoughts and emotions.

My diagnosis is Bipolar with Suicidal Tendencies. I hear voices. I take it day to day. Racing thoughts. Not wanting to interact or go outside. How to use tools for emotional and psychological battles.

Here are some strategies I've developed:

Take a walk.

Make a call to a friend; Someone who understands that I don't want advice; I just want to be heard.

Keep my appointments with therapist.

MENTAL WELLNESS

When I feel a panic attack coming on I take a long hot shower. A little chocolate ice cream helps.

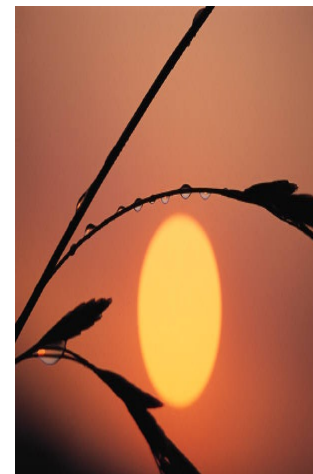
Pulling back the covers is often the hardest choice I ever have to make. I don't have to like it but it is sometimes necessary to do.

When I get angry I point it inwards. I feel frustrated and confused and want to find out more about how to live and understand my mental illness.

I've learned that I have to control my own symptoms. The only way I'll ever know what helps me is if I try different methods and tools.

I want to call out and ask for continued funding and

financing of Programs for people like me to have normalcy in our lives and not end up in an institution or jail.



By Tom

