



Compeer Clippings

The Quarterly Newsletter of Compeer Lancaster

McCutcheon Benefits Compeer



John tuning up.

Folk musician John McCutcheon's 1997 album is called *Sprout Wings and Fly*. The title, wrote *Intelligent Journal* correspondent Marichelle Roque-Lutz, describes what happens during his hundred or more concerts each year: he wings it. He has no set program, but each time he and his audience end up flying high. That was true May 4, 2007, when McCutcheon made his second appearance in Lancaster County, performing at F&M's Barshinger Center before a delighted and appreciative audience. The concert benefited Compeer. In addition to Franklin & Marshall

College, concert sponsors were TCW Computer Systems, Philhaven, Pfizer, The High Companies, and Groff's Heating, Air Conditioning, Plumbing. Lodging was provided courtesy of Lancaster Arts Hotel, and stage décor by The Light Touch Interior Landscaping of Annville.



John greeting concertgoers

Compeer Night at Isaac's

Supporters of Compeer Lancaster enjoyed dining with family and friends at Isaac's Restaurant & Deli in Ephrata, Greenfield, and Granite Run Square on the evening of February 20. Twenty-five percent of the cost of their meals benefited Compeer. In the picture, Debra Miller, Community Care Coordinator (right), and Jessica Butz (left), Manager of Granite Run Isaac's, present a check for \$302 to Sarah Myers, Compeer Lancaster Program Director. Did you have a part? If so, thank you!



Compeer Lancaster's mission is to improve the quality of life for people recovering from mental illness through the power and gift of friendship.

Volume 7, Issue 2
Spring 2007

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Special Points of Interest

- ♦ Twenty-one persons waiting for a one-to-one friendship have a Compeer Calling volunteer.
- ♦ First matched friend "graduates" and becomes a Compeer volunteer (story in next issue).
- ♦ Program growth creates need for another volunteer coordinator.



SAVE THE DATE



The second annual Compeer Art Auction will be held on October 12, 2007, from 7-9 p.m. at the Mulberry Art Studios, 19-21 Mulberry Street, Lancaster. Let us know if you or someone you know would be willing to serve on the art auction committee or donate art for the auction. Plan to attend and bring your art-buying friends.

“Relationships are all there is. Everything in the universe only exists because it is in relationship to everything else. We have to stop pretending we are individuals who can go it alone.” ~Margaret Wheatley

Volunteer Resource Group

The next Volunteer Resource Group meeting will be held on Monday, May 21, from 7-8:30 p.m. in the Compeer Office. The meeting will focus on free and low-cost activities to do with your friend. There will be no meetings over the summer. The first fall meetings will be September 18, from 12-1:30 p.m. and October 18, from 7-8:30 p.m. Open to all Compeer volunteers. RSVP to Janine Peters at 898-2940 or janineotr@aol.com

Scrapbooking for Compeer

For the past two years, Ruthie Nolt of Mount Joy has artistically arranged the history of Compeer Lancaster in scrapbooks. She has used the pictures, newspaper articles, event invitations, Compeer Clippings, and more that have been given to her by the Compeer staff.



The Compeer scrapbooks are available for viewing anytime at the office. Because Ruthie has requested a break, we are looking for someone to take on this fun job. *Please let us know if you are interested.* Share your creativity with Compeer!

Janssen Sponsors Luncheon

Ninety-six volunteers and friends gathered at New Life Assembly of God Church, 1991 Old Philadelphia Pike, for a luncheon celebrating friendship

on Saturday, April 14. Dottie Weber catered a delicious meal.



Becci and Mary Ann



Five friendship matches received certificates, a canvas bag printed with **Compeer's logo**, and a Compeer lapel pin to celebrate five years together.

The luncheon was sponsored by a generous grant from Janssen **which recognizes “that with mental illness, successful treatment involves more than just medication.”**



The Lancaster County Folk Music and Fiddler's Society provided the entertainment.

Meet New Compeer Volunteers



John is a retired teacher from the Solanco School District, where he taught math and coached track and cross-country

for 35 years. He and his wife, Linda, have two grown daughters and two grandchildren. Currently he has a pet-sitting business, officiates track and cross-country meets, and volunteers at Hospice and LA-VORP. He enjoys bicycling, hiking, music (guitar, hammered dulcimer, euphonium), gardening, reading, and spectator sports.

Marie, known to many as Tillie, learned about Compeer through another volunteer who also attends Lititz Church of the Brethren.

Before Retiring, Marie worked for many years as a nurse in Pennsylvania state hospitals. She and her husband, Tom, have five grown children, 15 grandchildren, and three great-grandchildren. They recently celebrated their 60th **wedding anniversary**. Marie's hobbies include music, travel, assisting in reading programs, and people.



Jay and Joe

Joe and I have spent an enjoyable hour together each week for five years. We just finished three more games of Rummikub on my most recent visit and it was time for me to go home. We said our usual good-bye and I stepped outside of his apartment door. In turning to enter my car, I noticed Joe outside waving good-bye. I returned the wave and entered the car, started the engine, and backed out of the parking space. Then, there he was again: Joe vigorously waving for the third good-bye gesture of friendship. I returned the wave and proceeded to leave the parking lot. Suddenly I was aware that my eyes were moist and I felt that deep sense of enrichment that comes when you are keenly aware that something very worthwhile has just taken place. *Oh the blessing of friendship!*

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

~Anne Frank



Compeer Needs You!

1. Compeer Lancaster is always looking for caring individuals to volunteer their gift of friendship to a person recovering from mental illness. Fifty women and thirty men are waiting for a volunteer friend. Call 390-4891, ext. 106, and speak to Sheryl.



2. Take a bike ride and benefit Compeer. Choose 10, 20, 30, 62.5, or 100 miles; secure sponsors and ride in the

Dream Ride on Saturday, July 28, 2007. Get registration and pledge forms at www.dreamrideprojects.org

3. Compeer's Wish List:



- ◆ Special events planner
- ◆ Website developer and maintainer
- ◆ **“Photographer” to take pictures at Compeer events**
- ◆ Reupholstering of three chairs seats

Can you make our wishes come true? Call 390-4891, ext. 107.

“A lot of people have gone further than they thought they could because someone else thought they could.”

~Unknown



Cherie, Mark, and Maryam:
Mentors to OT students



Faith in Action Coalition Meets

On March 23, members of **Compeer Lancaster's Faith in Action** Coalition met at St. John Neumann Church. Mentors and OT students shared their stories. These biannual meetings are an opportunity for members to hear what is new at Compeer and how the program is growing. It is also an opportunity for members to give their input.

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Susan Heater-Ruth
Patricia Lea
Dan Miller
Norma Spangler
Rita Smith-Wade-El

Compeer/OT

by Cara, Sara, and Steph

As Occupational Therapy students at Elizabethtown College, we chose to do our 10-week Level 1 Fieldwork in a nontraditional placement with Compeer Lancaster. Each of us was individually mentored by a person who has mental illness.



OT students Cara, Sara, and Steph

We learned how difficult it can be to live with mental illness and how it impacts work, leisure, relationships, and self-care. We came to appreciate the importance of a good support system in the recovery process. As our mentors shared their personal experiences, we learned much about stigma, community resources,

and the recovery process. In our future careers we will be **challenged by Maryam's words, "Please, don't give up on me. Please, don't give up!"**

NOTE: Occupational therapy helps persons with disabilities, injuries, or impairments to participate in meaningful daily activities. Occupational therapy plays an important role in mental health recovery.

Skillbuilders—Collaging

Collaging is the art of making pictures by pasting on a background such things as parts of photographs, magazines, fabric, and string.

Fifteen persons gathered at James Street Mennonite Church on March 12, 19, and 26 to try their hands at this art form. This Skillbuilders class was led by Cara, Sara, and Steph, occupational therapy students from Elizabethtown College.



Sharing the stories our collages tell



Pat's completed collage

Game Night Uses Snow Date

Compeer Lancaster's Annual Game Night was planned for February 15. However, because of the weather the following week's snow date, February 22, was the evening that volunteers, friends, and persons on the waiting list gathered at the Lancaster Friends Meetinghouse for a lively evening of playing games together. Refreshments were homemade whole wheat fastnachts, popcorn, and spiced hot cranberry juice.



Compeer Game Night Goes Monthly!

On the second Thursday of each month from 6:30-8:30 p.m., Compeer volunteers, friends, and persons on the waiting list are invited to the Leola home of Sheryl Lehman for an evening of games, fellowship, and refreshments. Bring your favorite game or plan to learn a new one. Rosann Mills, a Compeer volunteer, is the game night facilitator. Call Sheryl Lehman at 390-4891 for directions.



jubilate!

a musical celebration

FRIDAY, AUGUST 3, 2007, 7:30 PM

Lancaster Mennonite School Fine Arts Center
2176 Lincoln Hwy East, Lancaster, PA

Neal S. Harnly, MD, Composer/Pianist, will bring to his stage the **Eaken Piano Trio**, Mt Holly Springs, PA, with violinist John Eaken, pianist Gloria Whitney and cellist Andrew Rammon, together with **Karen Bureau**, soprano, Hanover, PA.

No tickets needed. A freewill offering will be received to benefit **No Longer Alone Ministries** which provides supportive, caring services for individuals experiencing significant mental illness and their families.



No Longer Alone Ministries
630 Janet Avenue, Lancaster, PA 17601
Phone: 717-390-4891
Email: office@nlam.org



Looking for something to do?



Lancaster County Department of Parks and Recreation has much to offer. Check out walks, activities, special events, and tours on their website www.co.lancaster.pa.us/parks or in *Wanderings*, their quarterly newsletter. The Shuts Environmental Library, a public lending library that occupies an 18th-century farmhouse beside the Environmental Center in Central Park, contains over 4,500 books and videos about nature, wildlife, gardening, Native Americans, health, wilderness survival, and other topics. All of these can be borrowed with a Lancaster County Library card.



What a Difference a Friend Makes!

Friendship is key to recovery. That is the message at www.whatadifference.samhsa.gov

Check it out!

Borderline Personality Disorder

By Marty Mohn

Coping Skill #6: Record a new message over the sad one that keeps playing in your head.

What message do you need to stop hearing? How can you stop it from playing over and over again in your head?

I carried my father's words in my head for 50 years: "You're going to grow up to be big and fat. You're going to be very unhappy. Men won't find you attractive. You'll be covered with scars. You'll end up in jail."

Sadly, I believed my father and eventually his words came to fruition, not because I am a bad person but because I believed what he said was true. If **he were alive today I'd ask him to send me a new message, one filled with all good wishes for a happy and healthy life.**

What I'm doing now, and what you can do as well, is sending myself a new and healthy message: "I've suffered way too long for things I didn't do. I am worthwhile. I can move forward." These words are the truth and I believe them.

Whenever someone compliments your character, integrity, or talents, record those words in a journal and work at recording them also in your head.

Coping Skill #7: Develop a **safety plan. You can't always control your thoughts, but you can choose to control your actions. Develop a list of "insteads" and avoid harming yourself.** I carry my list with me. Some of the safety skills on my list are:

☺ Call someone: my coun-

selor, a friend, my mother, or a 24-hour crisis hotline.

☺ Take my golden retriever, Lovie, to a field or creek and enjoy watching his delight.

☺ Use my sense of humor and enjoyment of drawing to make myself laugh.

☺ Visit a nursing home and be a gentle listener.

Coping Skill #8: Help others. The quickest way to diminish depression is by forgetting oneself and investing in others. Tune in to the needs of others. Be thoughtful and helpful. Send someone a card. Let others know how much they mean to you. Pray for someone, especially someone you don't like. Find ways to help others feel good about themselves.

William Durant said, "If you take an attitude of love towards everyone you meet, you'll eventually get along." This quote provides an excellent starting place. When I read meaningful quotes, I am reminded to head in a healthy direction.

Coping Skill #9: Analyze your anger and find healthy ways to resolve it.

Chances are that, like me, you hold a lot of anger that has gone unexpressed. I am certain that toward some events in your life, you have the right to be very angry.

At times I hide my anger with a smile. At other times I have tried to express it and have lost control in the presence of others. Usually it has been unexpressed anger that has led me to cut. (Continued pg. 7)

Borderline PD

(continued from page 6)

Learning to express anger in constructive ways has been a challenge for me, but I continue to work hard at this.

Thankfully, I have learned the importance of an apology, a heartfelt apology.

Coping Skill #10: **Don't self-medicate.** Those difficult feelings that you have to face and work through are going to come up again and again until they have been dealt with and resolved. If you are experimenting with drugs or alcohol to numb your feelings and pain, you may be launching an addiction and the loss of many years of your life.

"I can quit anytime" was a statement I made frequently as a teen. The disease of addiction took root in me and I became powerless over the hold drugs had on me.

Find healthy ways to address your pain. Allow others to help you journey toward understanding yourself. Choose to be the good person you are inside. Drugs will rob you of all that is precious in life.

Coping Skill #11: Get well for yourself.

My goal is not just to avoid self-injury but to recognize my value each day. I keep a journal and when someone validates my worth with a compliment, I jot it down. I strive to be able to validate myself. Reading through the pages of my journal puts my outlook in a positive direction. I also work equally hard to be able to withstand criticism and **rejection. Don't let yourself be**

destroyed by someone else's words. Take the sting and make an adjustment. You deserve a healthy and happy life.

Coping Skill #12: You are the magic wand. Discover ways to wave it.

Even while you are struggling, you can be accomplishing goals and broadening your horizons. Be courageous in working **through your issues. Don't let** others silence your dreams.

Step out of your comfort zone. **That's where your opportunities lie. If you're not accomplishing** the impossible at least once a **day, you're not growing.**

Face the things you are afraid **of. That's the quickest way to** diminish fear. And when you do, your confidence will grow.

If you are like me and you battle self-hate, then declare war on it. If you feel at times like an outcast, be proud that you are unique and that you stand out.

If you've done things that have brought you shame, ask for forgiveness. And remember to **forgive yourself. Once you've been** humbled, you become a real person.

If you are experiencing despair and thoughts of suicide, keep it just that---a thought. Maybe your pain and rage would vanish, but so would your joy and your opportunity for reward. **Eleanor Roosevelt said, "Never** give up. Never give up, never, never, never, never!

Applaud yourself for making it through the day.

My friend continues to grow in his social contacts, especially through his church. He also has enjoyed some new opportunities at work and has become involved in groups operated by Mental Health America. It has been really exciting to see him grow wings and begin to put his newfound confidence and social skills into practice. He continues to develop coping skills around his illness as well. It is all very exciting to see and be a part of.

~A Compeer volunteer



In this issue we complete the writings by Marty Mohn on Borderline Personality Disorder that have been in each issue of Compeer Clippings since Summer 2006. We applaud you, Marty, and thank you for sharing with us so honestly and helpfully.





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Lancaster

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No Longer Alone Ministries



A member of the
Faith in Action National Network

We're on the Web

www.compeerlancaster.org

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Calendar of Events

June 8, July 6: *Compeer Advisory Committee Meetings*, 7:30-8:30 a.m., Rm. B-103, 630 Janet Avenue

June 19, July 19, August 21, *New Volunteer Trainings* at the Compeer office, Tuesdays, 8-11 a.m. or Thursdays, 6:30-9:30 p.m. Call 390-4891 to pre-register.

June 14, July 12, August 16 (3rd Thursday): *Compeer Monthly Game Night* at Sheryl **Lehman's Leola home**. (For volunteers, friends and persons on the waiting list.)

July ?: *Compeer Connections*, TBA

July 28: *Dream Ride Fund-raiser* (see pg. 3 for more details).

August 9: *Annual Compeer Summer Picnic at Long's Park*, Pavilion #2, 5-7 p.m.

May is Mental Health Month

For more than fifty years, our country has celebrated May as Mental Health Month to raise awareness about mental illnesses and the importance of mental wellness for all.



"Have you hugged yourself today?"

~Anonymous~