

KYCAN NEWS FOR YOU!

February 2010

THOUGHTS FROM THE EXECUTIVE DIRECTOR

Dear Friends,

My daughter, April, and her family live in Annapolis, Maryland. She said that they had 4-1/2 feet of snow, and the children in their area have been out of school for 2 weeks! Sure makes me appreciate Kentucky's weather :)

While being "snowbound" I read an article in the *Courier-Journal* that really touched my heart. It was about a 10 year old girl, Drew Buckley, who loves to dance. Drew was taking a grade school physical education ballet class, when she noticed that several children did not have ballet shoes. They had to dance in their stocking feet. Some of the children lived in homeless shelters.



Drew takes private dance lessons and it

upset her to see that so many children did not have ballet shoes to dance in. She talked to her mom about her concern. Together they made plans and raised \$1,700.00 in donations to buy new ballet shoes, and then passed them out to the third, fourth, and fifth grade students at Drew's school.

The writer reported that Drew helped less fortunate kids, one pair of ballet slippers at a time. Drew's story made me think about the lessons we can learn from and apply to our journey in recovery.

It teaches about compassion for others. There are many times we get depressed or feel stuck in a rut, often forgetting the best way to maintain recovery is to reach out with compassion and help others. Drew reached out to others. She took responsibility, set a goal, and made

plans to achieve her goal. She also did not mind asking someone she trusted to help her.

Life is funny at times. Sometimes we rush to get things done, and other times it is much easier to wait for someone else to take responsibility, thus we miss out on the opportunity of personal achievement. There are also times that we do not ask for help and miss out on receiving the gift of peer support.

It took an experienced ballet dancer to realize the importance of having ballet shoes to really enjoy the dance. Drew understood the obvious- much like peer support. Living in recovery gives us an understanding about the tools needed for recovery. How come? Because we walk in "recovery" shoes. Let's all compassionately look around for someone that may be in need a pair of "recovery" shoes. We can enjoy giving as we share the "dance" with others. Doreen

DATES AND TIMES TO REMEMBER

BRIDGES to Recovery Louisville West End Support Group, Mondays at 5:30 pm	
Latin Woman's Support Group, Louisville, Wednesdays at 7:00 pm	
Puentes, Latin Elderly Woman's Support Group, Louisville, 1st and 2nd Mondays	
KYCAN Conference April 12-13, 2010 Louisville, KY	
Emotional CPR Training April 11, 12, 13, 2010 Louisville, KY	

JUDI CHAMBERLIN CONSUMER ADVOCATE AND FRIEND

Judi Chamberlin died in January 2010, of lung disease- she was 65 years old. Judi was a towering figure in the modern mental health consumer movement, and a key figure amongst a generation of advocates who are now only a distant memory among most people in the field. Her book, *On Our Own*, published in 1978, was

a manifesto that was a foundation stone for the development of the Recovery Movement.

Judi will be remembered along with other historic leaders in the mental illness field. But unlike, Dorothea Dix, who focused on reform by government, or Clifford Beers, who focused on reform by professionals, Judi focused on the empowerment of consumers

themselves, and the reform that results from consumers demanding to be treated with respect for their own desires and preferences.

Judi visited Kentucky on a number of occasions, speaking to both consumer and professional groups. She will be greatly missed.

(Article reprinted by permission of Tim Hawley, Ph.D., Training Coordinator, DBHDID.)



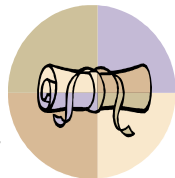
HAPPENINGS AND CELEBRATIONS!



Congratulations to Sarah and Alex Welch! They are expecting the arrival of a newborn in July 2010. Sarah is KYCAN's Conference Coordinator.

Congrats to those attending the Advocacy Training from Positive Steps in Hopkinsville: *Ann M., Pattie B., Pamela J., James E., Mary A., Louisa L., Beth B., Shamaine H., Shirley P., Martha A., Stephen R., Gail R., Robert F., Rita H., and Daniel W.* A very special thanks to the staff *April, Alicia, and Charlotte* for making this class possible.

Congratulations to those who participated in the Advocacy Training from Friends Together in Madisonville. *Barbara W., John A., Randall B., Daniel D., Sharon L., Terry A., Jackie S., Kimberly H., Erica H., Michael B.,*



Jacqueline S., Margaret H., Kim F., Holly R., Debra B., Ron E., and Teresa H. Many thanks to the staff *Kara, Ingrid, and Charlotte* for making this class possible.

Folks from Positive Steps and Friends Together also participated in a Smoking Cessation Class! KYCAN is proud of all who participated and is extremely happy to add Patti B., Shamaine H., John A., Randall B. and Debra B. into the I Quit Club. Let's remember all those who have taken the challenge to quit smoking!

Note: Debi sends a special thank you to Charlotte for leading the way between Hopkinsville and Madisonville in the middle of a down pour!

We are hearing great things about the Participation Station Peer Support and Recovery Center. If you live in the area, be sure to check out the programs and activities at 869 Sparta Court, Lexington, or contact *Yondi or Valerie* at 859-309-2856

LOOKING FOR CONFERENCE VOLUNTEERS:

If you are coming to the KYCAN Conference and would like to facilitate a workshop, please let us know. It involves introducing the presenter(s), and handing out and collecting the workshop surveys. Please call the KYCAN Office, if you can help out.

Interested in helping to setup for the dance and decorate? Please contact the KYCAN office, so that we can help you get started on this fun project. Even inexperienced decorators are encouraged to apply!

There will be great looking conference t-shirts for sale this year! KYCAN has warded off inflation for the last 6 years... t-shirts still only \$ 10.00 each. We also will have KYCAN bracelets for \$ 1.00 each. And, there will be a variety of other items for sale by talented consumer participants!

KYCAN CONFERENCE UPDATES!!!

Hope that you are getting as excited about the conference as we are! This should be our best one ever!! We have keynote speakers, Anne Murray (back by popular demand) and Conway Stone, (who comes with high recommendations). You will enjoy the finest workshops by presenters that you wanted to have come back and many new workshops that you requested last year.

The hotel is waiting for us with great hospitality and delicious meals. Remember it

is the same place as last year, but under a new name- Park Inn. We have our favorite DJ, Jamie McCoy coming back so get your dance shoes ready :) There will be door prizes, and booths full of great resources and crafts. However the biggest event of all is that we will be getting back together again. One of last year's conference attendees said this about the KYCAN Conference: "It is more than a conference. It is a family reunion!" Join

"It is more than a conference. It is a family reunion!"

us for the "family reunion!"

Please note: You have a choice to attend either the conference or to apply for the eCPR Training. If your application is accepted for the eCPR Training, a strict adherence to the eCPR Schedule is required with no exceptions. Although there are limited conference scholarships, there are none for the eCPR Training. Please see page 4 for more details.

KYCAN'S 2010 AWARD WINNERS

KYCAN proudly announces its 2010 Award winners as nominated by its members. On Monday evening at 6:00 pm the Consumer's Choice for Legislators of the Year will be presented to Rep. Jimmie Lee and Rep. Harry Moberly. The Consumer Friend of the Year 2010 Award will be given to Steve Shannon, Executive Director of KARP and the Ricky Dublin Officer of 2010 Award to Lt. Shannon West,



During the Fall of 2009 the KYCAN Board of Directors unanimously agreed to establish in memory of Carol Carr an Annual Volunteer of the Year Award. Carol served many years on the Board and volunteered many hours to KYCAN. She said about her volunteer work, "I want to give back to others what KYCAN gave to me." The first volunteer award will be presented on Tuesday morning to Mr. Ron Ashton, who volunteered many, many hours over the past several years to KYCAN.

HUGE SUCCESS!!

Shelia Schuster, Ph.D., Executive Director of the KY Mental Health Coalition reports that the advocacy rallies in Frankfort have been a huge success. On February 17, 2010 over 425 people were present. A thank you is sent out to Dr. Schuster and Christin Miller for the hard work and many hours, they put in to this important event and to all of you who participated any way in letting your voice be heard. The next rally is scheduled for March 3 AT 1:00 pm.



DE BESTA COOK

I hear that the month of February is a chocolate lovers holiday! Hope you have been enjoying it. There is a rumor that all calories are eliminated from chocolate in February, but so far I have not found a reliable source to back up this information :) However I just bought a refrigerator magnet that says, "Calories don't count, they multiply!" Don't you just love those funny kinds of sayings??

This month hope that you will enjoy another delicious recipe from one of our favorite bakers and cook, Sandy Bunch. Thanks, Sandy for thinking of us!



MOIST AND EASY BROWNIES

- 2 eggs
- 1 cup sugar
- 1/2 cup self-rising flour
- 1 teaspoon vanilla
- 1 stick melted butter
- 2 squares unsweetened chocolate, melted

Preheat oven to 350 degrees
 Pour stirred mixture into a slightly greased 8" x 8" pan. Bake for 25- 30 min. *Optional: Sprinkle nuts and chocolate chips on top.*

Share some of your favorite recipes with our readers by sending them into the KYCAN Office. Some great tasting sugar-free or diabetic recipes would be nice. Many of us like to watch the amount of sugar we eat.

MEDICARE PART D

Medicare Part D is an entitlement that has many components and options, but also many rules and regulations. The concept is simple, but its application is a bit complex. If you're eligible (or about to become eligible) for Medicare it helps to do your homework. Reviewing your options beforehand will help you maximize your savings and minimize your frustrations with the system.

The Centers for Medicare & Medicaid Services has a booklet that can help you better understand the program. Check it out at medicare.gov/Publications/Pubs/pdf/10050.pdf.

(Tedd Mitchell, M.D., *HealthSmart*, December 2009.)

TOLL FREE SELF-HELP 1-800 NUMBERS

ADA Home Page	1-800-514-0301
Clearing House on Aging and Developmental Disabilities	1-800-996-8845

WELCOME

KYCAN is happy to introduce *Antonette (Toni) Bedford-Rhodes*, our new college Spring Intern. She comes to us from Lindsey Wilson College Louisville Branch. She wrote the following:

Hello, my name is *Antonette Benford-Rhodes*. I am a native of Louisville, Kentucky. I graduated from Pleasure Ridge Park High School in May 1987. After graduation I joined the United States Army where I served for 4 years. I am a single parent of 2 beautiful children. My daughter's name is Skiler. She is 11 years

old. My son's name is Hunter. He is 7 years old. I attend Lindsey Wilson College. I will earn my Bachelor's Degree in Human Services and Counseling in December 2010. I hope to earn a Master's in counseling and eventually a Ph.D. in Counseling with a specialized focused of Abnormal Psychology. My goals are to bring mental health awareness to all communities. I would also like to open up a Center for Single Mothers. My purpose for the Center is to promote an enriched environment so the women can learn and grow thus produc-

ing a better home life. The focus of the Center is to teach positive parenting skills; how to cope with stress in a productive way; mental health awareness counseling; and to teach self-esteem and relationship building techniques. I want to express the knowledge that adversities will come in life that will shake our inward foundation but recovery is always a possibility no matter the situation. They can obtain victory and success in life. My motto is "Nothing beats a failure, but to try, try again."



LITTLE BIT OF HUMOR

One Sunday sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car puttering along at 22 m.p.h.

He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over.

Approaching the car, he notices that there are 5 older ladies - 2 in the front seat and 3 in the back- wide-eyed and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing

exactly the speed limit! I always go exactly the speed limit. What seems to be the problem?"

"Ma'am," the officer replies, "You weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit?? No, sir, I was doing the speed limit exactly! Twenty-two miles and hour!" the woman says a bit proudly.

The State Police Officer, trying to contain a chuckle explains to her that "22" was the route

number, not the speed limit.

A bit embarrassed the woman grinned and thanked the officer for pointing out her error.

"Before I let you go, Ma'am, I have to ask...Is everyone in this car OK? These women seem awfully shaken, and they haven't muttered a single peep the whole time," the Officer asks with concern.

"Oh, they'll be all right in a minute, Officer. We just got off Route 150."

KENTUCKY CONSUMER ADVOCATE NETWORK FOR MENTAL WELLNESS

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We're on the Web
www.kycan.org

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CONFERENCE

← CHOSE ONLY ONE →

ECPR

AGENDA

Monday- April 12, 2010

9:30 am- 11:00 am Registration
Plenary Medications Q&A
11:00 am- 1:00 pm Embassy Ballroom
Anne Murray, Keynote Speaker
1:00 pm - 1:15 pm Break
1:15 pm- 2:00 pm Session 1
2:00 pm- 2:15 pm Break
2:15 pm- 3:00 pm Session 2
3:00 pm- 3:15 pm Break
3:15 pm- 4:00 pm Session 3
4:00 pm- 4:15 pm Break
4:15 pm- 5:00 pm General Membership Meeting
5:00 pm- 6:00 pm Break
6:00 pm- 7:30 pm Awards Banquet
Embassy Ballroom
Conway Stone, Keynote Speaker
7:30 pm- 8:30 pm Break
8:30 pm- 11:00 pm Dance

Tuesday- April 13, 2010

7:30 am- 9:00 am Breakfast Buffet
Embassy Ballroom
9:00 am- 9:45 am Session 4 Plenary Session
9:45 am- 12:00 pm Talent Show
12:00 PM Wrap-Up with Lunch-To-Go

PLEASE READ BELOW CAREFULLY...

The conference and the eCPR Training will both be held at PARK INN (formerly Marriott Inn), 1903 Embassy Square Blvd., Louisville, KY- 40299. KY-CAN makes all Reservations.

2. One cost for conference \$40.00 member and \$45.00 non-member. *Limited Scholarships available.* Double occupancy, if staying overnight on Monday. No refunds after March 30, 2010.

3. *eCPR Training one cost \$50.00 for member and \$55.00 for non member. No scholarships available.* Double occupancy, if staying overnight on Sunday and Monday. No refunds.

4. Park Inn is a non-smoking motel! Anyone who violates this regulation will be directly charged \$250.00 by the motel and will be denied admittance into future conferences.

5. KYCAN is not responsible for any room or lounge charges inc movies and phone calls.

6. A person has one choice to attend either the conference or the eCPR Training.

7. Strict adherence to applicable Agendas will be followed.

8. Re-entry into the eCPR Training will be denied to anyone attending conference activities for any reason, and additional charges for the Sunday night room will be incurred.

9. Conference registration does not include any participation in the eCPR Training or the cost of Sunday night room.

10. The above guidelines are to help everyone have an enjoyable time! Questions call KYCAN!!

AGENDA

Sunday- April 11, 2010

11:30 am- 1:00 pm Registration & Lunch
Plenary Medications Q&A
1:00 pm- 6:00 pm Class Sessions and Breaks
6:00 pm - 7:00 pm Dinner

Monday- April 12, 2010

7:30 am- 8:30 am Breakfast
8:30 am- 11:00 am Class Sessions and Breaks
11:00 am- 1:00 pm Join Conference for Lunch
1:00 pm- 6:00 pm Class Sessions and Breaks
6:00 pm- 7:30 pm Join Conference for Dinner
7:30 pm- 8:30 pm Break
8:30 pm- 11:00 pm Dance

Tuesday- April 13, 2010

7:30 am- 8:30 am Breakfast
Embassy Ballroom
8:30 am- 12:00 pm Class Session and Breaks
12:00 pm- Wrap-Up and Lunch-To-Go

Above Schedule Subject to Change!