

# KYCAN NEWS FOR YOU

## NEW YEAR'S THOUGHTS FROM KYCAN'S EXECUTIVE DIRECTOR

Dear Folks,

Question of the month: are you going to refer to the brand new year as two thousand and 10 or as twenty 10? It may take me a year to decide ...smile. No matter how we answer the question, the best of the best is wished to you this new year!

The new year started off in a very special way for me this year. I spent it with people I love- my family. A part of the celebration was my 4 year old granddaughter. It was her very first year to stay up! She was excited to watch television as the big, shiny, ball dropped down the pole at midnight. In fact, New Year's Eve was so much fun, Isabella wanted to celebrate it again the next evening.

It was a little difficult for a 4

year old to grasp the reason we have to wait another year to be able to stay up late! She made me wish that I could rekindle the excitement of being 4 years old again. My only thought was *yippee tomorrow night I can get into bed earlier!*

Have I forgotten how good it feels to change a schedule just for fun? I imagine the answer is yes. Life puts so many demands on our time that often we forget to schedule time for fun.

When we were kids my brother, sister, and I played the belly laugh game with friends. Someone starts to laugh, a second person joins in a third, the next until you have a room full of friends having a good belly laugh over nothing which makes you laugh even

more!

Oh, for the times that we can have a good belly laugh, even if some of our bellies jiggle more now, than they did when we were kids! My mom taught me how to tie my shoes, brush my teeth, and cross the street. She never had to teach me how to laugh! It is a natural born gift...not just *kid stuff*.

George Bernard Shaw said, "We don't stop playing because we grow old, we grow old because we stop playing." For a new year's wellness resolution, give yourself permission to laugh. It is a healthy activity!

Smiles sent to you for today and laughter wished for you everyday ,

*Doreen*

January	
KYCAN Conference-Meeting	1-13
KYCAN BOD Meeting	1-14
Advocacy/ Quit Smoking Classes, Madisonville	1-20
Advocacy/Quit Smoking Classes, Hopkinsville	1-21
CMHC Review, Adanta	1-20-22
WRAP, Metcalf County	2-18
WRAP, Adanta	2-26



## NEW YEAR...NEW OPPORTUNITIES BY DEBI SMITH

January brings with it a new year and new opportunities for change. The 874K Coalition Rally is being divided up into 3 different dates by region this year and the first of the rallies is fast approaching. The dates are as follows: *Wednesday, February 3, 2010- Western, Southern, and Eastern; Wednesday, February 17, 2010- Central; and Wednesday, March 3, 2010-*

*Bluegrass and Northern.* If you are attending the rally and traveling more than 120 miles, you may apply for reimbursement on the Consumer Involvement Fund Application on the 874K page of the Advocacy Action Network website: <http://advocacyaction.net/> Paperwork needs to be turned into Carol Wray (carol.wray@ky.gov) by the deadlines

stated on the applications. KYCAN is helping with the postcard campaign and we will be sending our members postcards to mail to their legislators. If everyone sends their postcards in, we should have a good turn out of our legislators. This is our chance to speak with them about the changes we want to see happen in Kentucky's mental health care. Changes cannot happen without YOU!

# THANK YOU



Congratulations to the Harlan TRP BRIDGES Graduates! They are *Yvonne R., Urilo C., Chris T., Angela L., Wayne C., Dale F., Sharon R., Stella G., Bird M., Linda S., Mary C., Stacy C., Paul L., Ruby C., and Terry F.* A very special thank you goes to *Mary Singleton* for teaching the class and to the TRP Director for welcoming her.

The Participation Station has opened at 869 Sparta Court in Lexington. Consumers in the area are very excited to have their Peer Support and Recovery Center. Best wishes to all who have made this dream come true and to the many consumers who will benefit from Peer run and Peer driven Support, Education, Recovery and Advocacy opportunities. For more information check out the NAMI Lexington Web Site or contact Yondi or Valerie at 859-309-2856.

A very special thank you is sent to *Bernie Block* for his donation to KYCAN. How very much we appreciate the thought and support. One hundred per cent of Mr. Block's donation will go toward direct peer support services.

## ...CHECK OUT...

Take time to check out the KYCAN Website at [kycan.org](http://kycan.org). We are looking for ways to serve you better, and would appreciate your feed back on it. Is there anything that you would like to see us add?

**NeedyMeds.org**  
Look for discounts here! NeedyMeds is a clearinghouse for hundreds of prescription-drug-assistance programs. Many of these programs are for the uninsured, but some provide discounts for insured patients who have high co-pays or

need expensive drugs.

If you are interested in being placed on KYCAN's List Serve, contact our office and let us know. This is an effective and speedy way to keep you informed on news and events that affect you. You can call the office or contact us through the KYCAN web site.

Diversity work at KYCAN is going and growing! Robin Bensinger attended a Multicultural New Year's Eve Celebration. On January 11, 2010, she was a participant in a class led by Connie Martinez. Robin attended 2 conferences in November and December "Achieving Cultural and Linguistic Competency In Healthcare at the Brown Hotel in Louisville and the 3rd Annual Depression Prevention Conference, "Searching for Solutions: Advances in the Treatment of Mood Disorders" at the Clifton Center in Louisville. Contact Robin at KYCAN for information about her weekly multicultural classes and groups.

## POSITIVE STEPS CLUBHOUSE NEWS BY BONNIE

The consumers of Positive Steps celebrated Veterans Day, November 11th, by exercising our right to perform several activities among which were word searches to various facts about the day supplemented by our marvelous TRP staff.

We celebrated Thanksgiving by going to a local restaurant and partaking of good food and fellowship. Each participant was grateful for the abundance of life-not only material things, but for family, spiritual, and emotional forces in our lives.

Four members of Positive Steps attended the Open House/Ribbon Cutting of our District Office of the Bureau of Census on December 9th. Those attending were Patti B., Pam J.,

Shamaine H., and Bonnie T. The Census information collected every 10 years determines gov-

erning bodies from Congress to City Council and allocation amounts for State and Federal Funding Programs. It was quite interesting to hear the speakers from local officials to the Federal Agency.

On December 15th we participated in a trip to our local Walmart. Each consumer enjoyed the outing, as we achieved our incentives to get Christmas money to spend. Gratitude was experienced by all 27 consumers. We look forward to the New Year and wish everyone Best Wishes for 2010!!



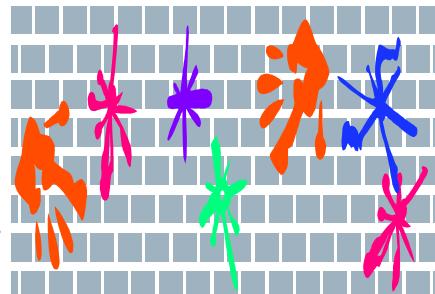
## CREATING YOUR YELLOW BRICK ROAD BEYOND RECOVERY

That is the name of the 14th Annual KYCAN Consumer Conference. Registration begins on Monday, April 12, 2010, at 9:30 am, and the conference wrap-up is on Tuesday, April 13, 2010, at 12:00 pm. Please see the back page of the newsletter for the Conference Agenda, and an Agenda for the eCPR Training.

We have new workshops to offer this

year at your request and many favorites returning. New ones include a panel on Diversity in Mental Health and Diabetes and Medications. We also will be having Craft Classes- a new favorite from last year.

Our Keynote Luncheon Speaker will be Anne Murray. She is back by popular demand!



Our Banquet Speaker will be Conway Stone. He comes highly recommended. He is an excellent speaker! Mr. Stone has written several books on achieving your dreams and has taught his

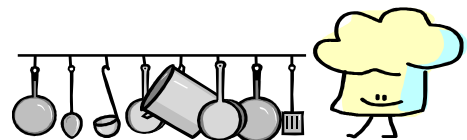


**LAUGHTER AND A SMILE**  
by Paul Wrege

Laughter and a smile can change everything. That can give special feelings only love can bring  
It teaches you a better way  
How to share what you have learned every-day.  
For there may be someone who is lost down inside.  
It can give them a better reason to try.  
Now laughter can take you away to a different time and place.  
But a smile can give you a peace of mind.  
To trust others in what they may hide.  
A smile can give you confidence when moments are low.  
To pick you up and put you on the go.  
So always carry your laughter and smile for that can give you a better style.  
For peace and laughter is everywhere.  
So keep your smile to show you care.

**SMILES ARE CONTAGIOUS BE A CARRIER!**

**DEBESTA COOK**



Did you know this about bananas?  
Bananas can help people with Seasonal Affective Disorder (SAD), because they contain the natural mood enhancer tryptophan.  
Bananas help with stress, because potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain, and regulates our body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These levels can be rebalanced with the help of a high-potassium banana snack.  
Bananas can help people trying to give up smoking! The B6 and B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.  
A banana has 4 times the protein, 3 times the phosphorus, 5 times the Vitamin A and iron, and 2 times the other vitamins and minerals of an apple.  
I am not advocating replacing apples, but adding

another fruit to our daily menu. Susan wrote on a Blog that bananas must be the reason that monkeys are so happy!

Thank you Sandy Bunch for sending this great Banana Nut Bread Recipe. It is a great time of the year to bake and the aroma from this bread makes it not only delicious to eat, but an enjoyable way to eat bananas!

**BANANA NUT BREAD**

3 large ripe bananas (riper the better)  
1-1/2 cups of flour  
1/2 teaspoon nutmeg  
1 egg  
1/2 cup oil  
1 teaspoon vanilla  
1 cup sugar  
1/2 cup chopped pecans

Preheat oven to 350 degrees. Mash bananas well. Add nutmeg, vanilla, oil, sugar, egg, and the flour a little at a time until mixed well then add pecans. Grease loaf pan well. Bake 1 hour.

**CREATING YOUR YELLOW BRICK ROAD BEYOND RECOVERY**

(Continued from page 2.)

This year during Conference Registration KYCAN will be offering a unique Plenary Session where conference attendees can participate with a doctor and pharmacist in a Question and Answer Session about medications, side effects, and a variety of other topics.

KYCAN is excited to announce that, in conjunction with the conference, we will also be sponsoring the eCPR Certification Course. This will be the first time the certification will be offered in Kentucky. It was created by Dr. Dan Fisher, Psychiatrist, advocate and Executive Director of the National Empowerment Center; Lauren Spiro, MA, Director of the National Coalition of Mental Health Consumer Survi-

vors; and Ann Rider, MSW, CPRP, CEO of the Recovery Empowerment Network in Arizona, advocate, and Faculty Associate at Arizona State University.

eCPR is an educational program designed to teach anyone to assist another person through an emotional crisis by 3 simple steps C=Connecting, P=emPowering, and R=Revitalization.

Thirty (30) applicants across the Commonwealth will be selected to attend the 2 day training which starts Sunday, April 11th at 12:00 pm (noon.) You will receive an official notification, if you have been selected to participate in the certification course

**PLEASE NOTE:** Participation in the eCPR course begins on Sunday, April 11, 2010, with Registration beginning at 11:30 a.m. This course includes scheduled times of participation in the conference on Monday and Tuesday.

**PLEASE NOTE:** If you register for the conference, this does not include any participation in the eCPR course.

**PLEASE NOTE:** eCPR Training costs is \$50.00. It includes Sunday and Monday night rooms with double occupancy, meals, class materials and Conference Dance.

**PLEASE NOTE:** Conference cost is \$40.00. It includes a Monday night room with double occupancy, workshops, meals, and all conference activities.



**A LITTLE BIT OF HUMOR...**

At a nursing home in Florida, a group of senior citizens were sitting around talking about their aches and pains.

*"My arms are so weak I can hardly lift this cup of coffee," said one.*

*"I know what you mean. My cataracts are so bad I can't even see my coffee," replied another.*

*"I can't turn my head because of the arthritis in my neck," said a third."*

*My blood pressure pills make me dizzy," another contributed.*

*I guess that's the price we pay for getting old," winced an old man.*

*Then there was a short moment of silence. "Thank God we can all still drive," cheerfully said one woman!*

*My therapist told me the way to achieve true inner peace is to finish what I start. So for today, I have finished 2 bags of M&Ms and a chocolate cake- I feel better already! (Dave Barry)*

*Laughter is the sun that drives winter from the face- (Victor Hugo)*

*A laugh is a smile that bursts (Mary Waldrip)*

# KENTUCKY CONSUMER ADVOCATE NETWORK FOR MENTAL WELLNESS

10510 La Grange Rd. #103  
Louisville, KY- 40223

Phone: 502-245-5281  
Toll Free: 800-564-8034  
Fax: 502-245-6390

We're on the Web!  
[www.kycan.org](http://www.kycan.org)

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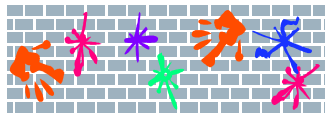
## CONFERENCE AGENDA

### MONDAY: APRIL 12, 2010

9:30 am- 11:00 am Registration  
Plenary Medications Q&A  
11:00 am- 1:00 pm Recognition Awards Banquet  
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  
5:15 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  
9:45 am- 12:00 pm Talent Show  
12:00 pm Wrap-Up with Lunch-To-Go



We are getting ready for the best time ever! Read inside for more information. A couple of important things to remember...

1. Although we will be at the same hotel as last year, the name has been changed from Marriott to PARK INN, same address, 1903 Embassy Square Blvd., Louisville, KY- 40299. Reservations must be made through KYCAN.
2. Cost for the 14th Annual KYCAN Consumer Conference is \$40.00.
3. Cost for the eCPR Training is \$50.00.
4. Registration for the KYCAN Consumer Conference is open.
5. Admittance into the eCPR Training requires an application process. You will receive confirmation of acceptance, or a choice to register for the conference will be only. Spaces are very limited.
6. This is a non-smoking motel. Anyone breaking the regulation will be charged \$250.00 directly by the motel, and will be denied admittance into the next conference.

## ECPR AGENDA

Confirmation into this program is required!!!

### SUNDAY: APRIL 11, 2010

11:30 am- 1:00 pm Registration & Lunch  
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 Lunch  
1:00 pm- 6:00 pm Class Sessions and Breaks  
6:00 pm- 7:30 pm Join in Conference Dinner  
8:30 pm- 11:00 pm Dance

### TUESDAY: APRIL 12, 2010

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

Above Schedule Subject to Change!