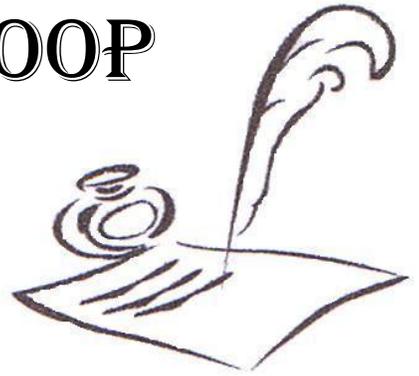


THE SENSITIVE SCOOP

Consumer Newsletter



For *any* Woman living with Mental Illness

Issue 67, January February 2011

Editor: Jo-Ann Paley

The Sensitive Scoop is now available on the MSS Website at www.mss.mb.ca

Recipes to Entice Your Loved Ones on Valentine's Day



Snow ball (potato) Candy

Ingredients:

1 cup mashed potato, plain
1 – ½ pounds icing sugar

Sprinkles of your choice

Peppermint extract, or vanilla, or almond or rum flavor

Preparation:

Peel potatoes and boil until soft enough to mash. Drain potatoes and mash and whip so there are no lumps. Add flavoring and mix well. Add enough icing sugar until mixture is thick enough to shape. Chill mixture until it is easy to handle. Using one tablespoon of potato mixture per candy, roll into a ball. Roll in coconut, nuts, chocolate or multi colored sprinkles or dip in melted chocolate. Place on waxed paper or parchment paper to dry and put in a container in a cool place until ready to serve.

The above recipe is a popular treat at Christmas time. You can use different food coloring to add a festive look to the candy box. Several of the women in the group mentioned this candy as a favorite for the holiday season.

Pork Tamale Potpie with Corn Bread Crust

Serves 6

Ingredients: For the Pork mixture

- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 tablespoons vegetable oil
- 1 1/2 pounds lean ground pork
- a 12-ounce can tomato sauce
- 2 tablespoons tomato paste
- a 10-ounce package of frozen corn, thawed
- 1 tablespoon ground cumin
- 1/2 teaspoon ground allspice
- 2 teaspoons chili powder
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Tabasco plus additional to taste
- 1 tablespoon yellow cornmeal

For the Topping

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 3 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 3 tablespoons unsalted butter, melted and cooled
- 3/4 cup milk
- 1 large egg, beaten lightly
- 1/2 cup grated Monterey Jack
- a 4-ounce can green chili peppers, drained and chopped

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Preparation

Make the pork mixture

In a large skillet cook the onion and the bell pepper in the oil over moderately low heat, stirring, until the onion is softened, add the pork, and cook the mixture over moderate heat, stirring and breaking up any lumps, until the pork is no longer pink. Stir in the tomato paste, the corn, the cumin, the allspice, the chili powder, the Worcestershire sauce, 1 teaspoon of the Tabasco, the cornmeal, and salt and black pepper to taste, simmer the mixture, stirring occasionally, for 30 minutes, and add the additional Tabasco. Spoon the mixture into a shallow 2 1/2-quart casserole. *The mixture may be made 1 day in advance and kept, covered and chilled.*

Make the topping

Into a bowl sift together the flour, the cornmeal, the sugar, and the baking powder, add the butter, the milk, and the egg, and stir the batter until it is just combined. Stir in the Monterey Jack and the chili peppers and drop the batter by the large spoonfuls around the edge of the casserole. Bake the potpie in the middle of a preheated 400°F. oven for 10 minutes, reduce the heat to 350°F., and bake the potpie for 30 minutes more.

The recipe above is a favorite of Joann DaDalt, one of the ladies from the group, and I'm sure you will enjoy it.

The Power of Home Cooking, to Comfort and Encourage in Difficult Days, ...and in Holidays

Times are always changing, and we are always striving for better food creativity in recipe ideas, specialty food preparations and special diets, for overall health and wellness. This is a continuation of the last 2 newsletters on the topics of cultural holiday foods and favorite recipes.

For people on employment and income assistance who need special diets, there is a pamphlet in the MSS brochure library titled **“A Guide to Therapeutic Diet Allowances provided by Social Assistance to recipients with special diet needs.”** Anyone on Social Assistance who suffers from diabetes, Hepatitis C, Aids, food allergies, kidney, heart, thyroid, liver or other problems, may be eligible for a standard therapeutic diet. As well, if you need a combination of diets, or your child requires a special diet you may qualify for a non-standard therapeutic diet. First contact your Case Worker or call the Manitoba Low Income Intermediary Project at 956-2677 or Winnipeg Harvest Referrals at 982-3663.

Some examples of standard therapeutic diets as provided in the Employment and Income Assistance Administration Manual are:

1. Kidney dialysis diet: add \$59.33 per month to the budget.
2. Gluten free: add \$171.62 to the budget.
3. Controlled protein/low protein (40 grams or less): add \$153.22 to the budget.

On a lighter note:



Recipe for a Solution to Cleaning Vegetables and Fruits from Pesticides
1 cup water
1 cup vinegar
1 tbsp. baking soda
Juice from ½ lemon; (acts as an astringent)
Mix and pour into spray bottle.

Source is from the Dr. Oz show, Friday September 24, 2010.

Well rounded information, for a well rounded, healthy body and mind. Do your own research. The Manitoba Schizophrenia Society is a good place to start.

Jo-Ann Paley

FAMILY SUPPORT GROUP

For families and friends of those experiencing schizophrenia, schizoaffective disorder, and psychosis.

Family Support Group being offered by the Manitoba Schizophrenia Society
4 Fort Street in Winnipeg

Fourth Tuesday of every month
Time: 7:00 pm to 9:00 pm

Room A

January and February Schedule

January 25
February 22

For more information contact 204-786-1616
or info@mss.mb.ca

Strengthening Families Together

**This 4 week workshop will run each Wednesday evening at the Manitoba Schizophrenia Society
100-4 Fort Street, Winnipeg
7:00pm to 9:00pm
Starting: January 19, 2011
Ending: February 9, 2011**

*For further information and registration please call
204-786-1616*

NAME THAT FEELING



A support group for children who have a family member with a mental illness.

Next session runs for six Thursdays

**January 6th through February 10th
from 5:30 pm – 7:00 pm**

For more information and to register call
Jane at 786-1616



**Iris Gala
May 7th, 2011**



**Golf for Schizophrenia
August 29, 2011**

Women's Program Schedule January February 2011

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outings. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.

January

- 6 Writers' Group** - If you have some poems or stories you would like to share with the group please bring them along to get positive feedback. We will then do some short writing exercises.
- 13 Movie Day** – Come to FACES and relax as we enjoy a movie together.
- 20 Bowling** – Physical activity is important to mental health. Please come out and join us for a couple of non-competitive games of bowling. You can try to beat your own previous score. Small cost involved.
- 27 Sharing and Planning** - Sharing Circle offers a safe environment to discuss unique needs, difficulties and successes. Planning offers the opportunity to make suggestions for future programming.



February

- 3 Writers' Group**
- 10 Arts and Crafts** - Make something nice to take home.
- 17 Speaker** – Debora Haliburton – “Tips on How to Love Yourself”
- 24 Walk in the Mall** – at FACES



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