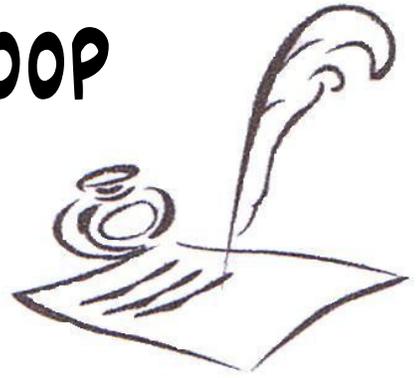


THE SENSITIVE SCOOP

Consumer Newsletter



For *any* Woman living with Mental Illness

Editor: Jo-Ann Paley

Issue 59, September October 2009

The Sensitive Scoop is available on line by typing in Sensitive Scoop on your search engine.



Hero of Mental Health -Arlene Meyes

Arlene – pictured at left, is a Mental Health Support Worker from Winnipeg. She enjoys cooking, gardening and spending time with her friends and two grown children. Arlene experienced a traumatic event in her mid-thirties, which led to depression and a severe anxiety disorder called agoraphobia a condition characterized by an irrational fear of public or open spaces. Her fear of leaving the safety of her home not only changed Arlene’s life, but also affected the lives of her children and she realized she needed to seek help. Arlene connected with several mental health organizations in her community and is now working for a respite centre. She is currently involved in organizing a walk during Mental Illness Awareness Week that aims to bring an end to stigma associated with mental illness. She has overcome a debilitating mental illness and is an inspirational leader who helps others find hope and become empowered by their experiences with mental illness. Arlene truly believes that stigma will become a thing of the past and says, “you should not look down on anyone unless you are helping them up.” **Recovery is Possible.**

Fortifying For the Flu Season

Boost your immune system to help ward off seasonal colds and flu. Add some of these top immune-boosters to your shopping list:

Citrus fruits, tomatoes, and sweet potatoes; chicken soup; garlic; cranberries; healthy fats, such as olive oil, fatty fish, avocados, and nuts; wheat germ, and honey.

This information was originally published in the “alive Guide to Natural Health 2008”, page 23.

Natural Mosquito Repellent

1. When using the barbecue, place a bit of fresh rosemary or sage on the coals.
2. Plant marigolds around your yard; insects are repelled by their fragrance.
3. A repellent using lemon and eucalyptus oil proved to be the best natural insect repellent in several recent studies.

This information was originally published in the “alive Guide to Natural Health 2008”, page 14.

What – In the Natural World Do They Do?

This information was originally published in the “alive Guide to Natural Health 2008”, p. 87 & 88

Naturopathic Doctor (ND) - Naturopathy’s focus is the whole person. Using the healing power of nature, naturopathic doctors stimulate the body to heal itself while treating the root causes of disease.

Naturopathic doctors treat a wide range of acute and chronic illnesses, including colds and flu, allergies, arthritis, fatigue, fibromyalgia, digestion problems, menstruation and menopause complaints, prostate problems, and cancer.

Naturopathic treatments may complement traditional medical therapies, reducing the side effects a patient has to drugs, surgery, or other conventional remedies

Registered massage therapist (RMT) – Massage therapy involves applying pressure to the soft tissues of the body, including muscles, connective tissue, tendons, ligaments, and joints to promote an increased range of motion and flexibility, reduce stress, and improve circulation.

Registered massage therapists use several different techniques, including massage therapy, joint mobilization, and hydrotherapy. They are also trained in rehabilitative exercise, such as stretching, and in postural exercise.

Massage therapy can provide relief for a wide range of conditions such as migraine headaches, tendonitis, arthritis, osteoporosis, fibromyalgia, sports injuries, as well as many other common conditions related to soft tissue and joint dysfunction.

Homeopath (HD) – Like cures like. This principle is the basis of homeopathy, a system of medicine that treats the whole person – mind and body.

A Homeopath uses natural remedies, derived from plant, mineral and animal sources, to stimulate the body’s self-healing powers.

Homeopathy can be used to treat a wide range of illnesses including those affecting the respiratory, gastrointestinal, urinary, and cardiovascular systems as well as the skin. Its nontoxic remedies make it an ideal method for treating children and pregnant women.

Chiropractor (DC) – Chiropractic treatment involves hands-on and carefully controlled manipulation of the spine to relieve pressure on the spine caused by misalignment, thereby restoring normal motion to the musculoskeletal system, allowing the nervous system to function normally.

Chiropractors assess, diagnose, and treat people with back or neck pain or headaches resulting from imbalances in spinal alignment. They are also trained to recommend therapeutic exercise and to provide nutritional, dietary, and lifestyle counseling.

Chiropractic treatment is drug-free and all natural. Supplementary measures may include water, light, or heat therapy. The long-term effects of chiropractic treatment help reduce stress and may restore damaged nerve pathways.



TRAVEL TOGETHER WITH US ON OUR ROAD TO RECOVERY!

At our

19th ANNUAL JOURNEY OF HOPE WALK

Saturday, September 12, 2009

Assiniboine Park, Duck Pond

Registration at 12 noon Walk begins at 1pm



FUN FOR THE WHOLE FAMILY

Live entertainment, kids' games, petting zoo, picnic lunch and fantastic prizes for a silent auction

Families \$10, Individuals \$5, and children under 12 Free

For more information please call 786-1616

Winnipeg Rock Reunion – September 26, 2009 – Winnipeg Convention Centre

An evening of Dancing, Rock & Roll, Reminiscing for a great cause!

Proceeds will be going to various Winnipeg charities of the performers' choice.

One of the bands, The Shondels, has designated Manitoba Schizophrenia Society as its charity of choice.

For more information go to <http://www.superoldies.com/reunion.html>



will be released at a reception on October 1st 2009

here at FACES from 3:00 PM to 5:00 PM.

Come and join us for an enjoyable afternoon of readings and displays by the authors and artists who have made this book possible.

DEADLINE FOR SUBMISSIONS TO FOOTSTEPS IV IS AUGUST 31, 2009.

Women's Program Schedule

September & October 2009

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.

September

Sept. 3rd **Writer's Group – at MSS (4 Fort Street) – If you have some poems or short 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.**

Sept. 10th **Arts and Crafts - Enjoy making something to take home.**

Sept. 17th **Heart & Stroke information**

Sept. 24th **Bowling at Dakota Lanes 1085 St. Mary's Road**

October

Oct. 1st **Preparation for FOOTSTEPS IV RELEASE 1:00 PM to 3:00 PM
FOOTSTEPS IV RELEASE – 3:00 PM to 5:00 PM at FACES
RSVP to Karen at 786-1616 by Monday, September 28, 2009.**

Oct. 8th **Movie Day**

Oct. 15th **Speaker from the Canadian Diabetes Association of Manitoba**

Oct. 22nd **Sharing and Planning – This is your chance to give suggestions for programming.**

Oct. 29th **Hallowe'en Party**



A REASON TO HOPE. THE MEANS TO COPE.
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UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAIDE