



People Advocating For Change Through Empowerment Inc.

January 2012

Newsletter

PACE

THUNDER STRUCK

www.pace-tbay.net/

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P.A.C.E. OFFICES: GERALDTON, MANITOUWADGE, SCHREIBER & MARATHON

- Peer Support
- Referrals
- Education
- Advocacy
- Socialization
- Committees
- Computer/Internet
- Laundry
- Employment Supports
- Workshops

*Wishing You A
Wonderful Festival Season
As Well As A
Happy New Year
From All The Staff At PACE*



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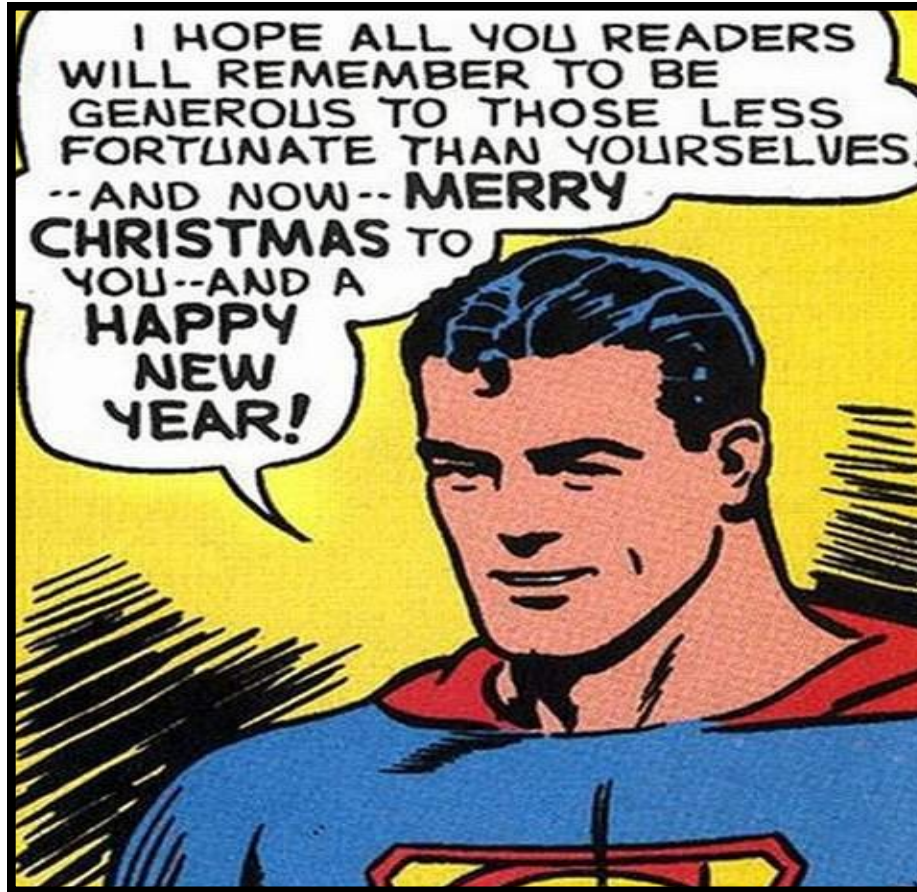
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ACTING EXECUTIVE DIRECTOR - DONNA ALEMAN

As we close 2011, the New Year will be spent reflecting on the many changes that have arisen in the past couple of months here at P.A.C.E.

We feel it will be an exciting New Year of change and collaboration with outside Agencies, i.e.: Peer Support Guide with Peer Council; P.A.C.E. / Peer Council programming will be beginning in January 2012 at the Alpha Court Day Centre (Windsor St. location); as well as new ventures with other Agencies that will be coming up.

P.A.C.E. remains committed to the Members and is always requesting input from them – suggestion box for workshops, new ideas/activities, events, etc.

The kickoff for OCAN/IAR (Ontario Common Assessment of Need/Integrated Assessment Record) will be implemented before March 31, 2012. The OCAN will give Members more of a voice in Mental Health Care.

Another change at P.A.C.E. is our revisions to our services (computer and laundry). The participating Members/Volunteers have better access to our services.

Last but not least, Thank You to the Board of Directors and Staff for their patience through the past couple of months, your hard work and continuing support really makes a difference. Have a safe and Happy New Year!

ACTING BOARD CHAIR - BETH BELLUZ

Hello Members: My name is Beth Belluz and I am acting Board Chair. I have been at PACE for about three years and on the board for around two and a half years. I am a Consumer Survivor, Certified Peer Supporter and previous to PACE I worked as a R.P.N.

Although PACE has been through changes we remain strong and are moving forward. We are looking to hire a permanent Executive Director and are looking for members who are interested in becoming Board Members to work as a team.

SYSTEMIC ADVOCACY WORKER—ANNIE JOLLYMORE CONT'D ON PG 4

From the Dark Womb of Night, Light is Born

The Winter Solstice is the time of the longest night and the shortest day. Dark triumphs, but only briefly, because the Solstice is also a turning point. From about December 21st until the Summer Solstice in June, the nights grow shorter and the days longer; darkness ebbs and the sun's power grows. The Romans celebrated the festival "Saturnalia" from December 17th to December 24th; all work was put aside in favor of feasting and gambling. Saturnalia is named after the god Saturn, who is often pictured with a sickle--like Father Time. In astrology, Saturn is old, gloomy, heavy and dutiful. For new life to flourish; for the sun to rise again; this *saturnine* god had to be conquered. The mid-winter feasting and merriment combated the forces of gloom. The day after Saturnalia was "Juvenalia", a festival in honor of children who were given treats of food and trinkets. Clearly, once the dark Old King is vanquished, it's time to celebrate rebirth--the New Year's Baby. Of course, this is the season when the birth of Christ is celebrated, since he, too, is the New King and the Light of the World. But Christ was not the first "miraculous child" born to a virgin mother, and his birth was not celebrated on December 25th until the 4th century. Before then, December 25th was best known as the birthday of the Persian sun-god, Mithra, who "sprang up full-grown from a rock, armed with a knife and carrying a torch". Shepherds watched his miraculous appearance and hurried to greet him with the first fruits of their flocks and harvests. **The return of the light** is the most important feature of mid-winter festivals. The Christmas candle, decorated with holly or other evergreens, was a popular custom throughout Great Britain, Ireland and Scandinavia. Similar customs surrounded the *Yule log*, burned at midwinter but often selected early in the year and set aside. The Yule log was brought into the house with great ceremony on the eve of solstice or Christmas Eve. The Romans decorated with greens: rosemary, bay, laurel, holly, ivy and mistletoe. Ivy represented the gloomy cold of winter and Holly, the joyfulness of the season. The Christmas tree is of relatively recent origin. The earliest decorated Christmas tree dates from around 1519, when a group of Latvian merchants carried a flower bedecked evergreen into the marketplace.

Enjoy yourself as much as possible on the Winter Solstice because this will bring light back into the world! During the winter darkness, invoke all the forces of pleasure and love which make life worth living. **But sit in the Dark, too...honor darkness before calling in the light.** Early traditions focused on the battle between the dark and the light, but both are valuable. This is the season when animals hibernate and nature sleeps and we can turn inward too. Perhaps some of the depression people feel during the holidays comes from *not providing a space for feeling the sadness associated with the Season*. Set aside time (if you can) for darkness and silence. This is, literally, a natural time for letting go and saying farewell. *Release your resentments and regrets into the darkness, knowing they will be transformed.* Write about them in a journal or perhaps on slips of paper which you can burn in your Yule fire. And when you light candles and your fire, do so with the aim of bringing light into the world.

From <http://www.schooloftheseasons.com/celsolstice.html>

My days of deepest depression tend to come in early February. It seems like winter will never end; that the dark of night is infinite. But one year I noticed a distinct turning point, and checked out a daylight calculator for Thunder Bay.

On the winter solstice, Dec 22, 2011, we will have 8 hours and 18 minutes of daylight. The sun will rise at 8:46 a.m. and fall at 5:04 p.m. By January 22/12 we will have close to a full hour more and by February 21st, we will have 10 ½ hours of light. The sun will rise just before 8 a.m. and set at 6:28 p.m., meaning PACE will open in daylight, and we can look forward to another 3 hours of light after the office closes.

EDUCATION WORKER—MICHAEL OWENS CONT'D ON PG 5

CHANGES

I was looking online for websites about how people change and nothing stays the same forever. Something really awe inspiring that would make you step back and re-evaluate your current awareness of change. Well, I could not find it. I mean sure, I saw some quotes that someone at sometime said about change and standing on their own, yeah, they were clever thoughts, but nowhere did I find the information on change that I was looking for. Change and perspectives of change generally happen on one level but how it affects and how each individual responds to that change is on a whole other level. I think about how things have changed for me in the last 12 months and I realize many things are quite different than in 2010. Some things have remained the same, however on a grand scale a lot of things in my life have changed, I have much more responsibility but it's not just big things that have changed in my life but many small changes and a few unexpected ones as well. The small changes tend to happen without any thought or consideration for me because I'm too busy thinking about the big things, and the unexpected ones, well, these things come to all of us just to remind us change could come in the blink of an eye and it's how you handle these changes that make us who we are,

The fact of the matter is we cannot see what is in front of us; we can only make the best of every situation so with the New Year upon us, take some time to reflect on how you respond to change, then take a little more time to reflect on what you could be doing to improve those skills. At this time I will leave you to ponder the next 12 months and accept the changes that come your way with optimistic eyes and the inner strength to rise above any hurdles that come your way.

MEMBERSHIP WORKER- - DIANA MILLER

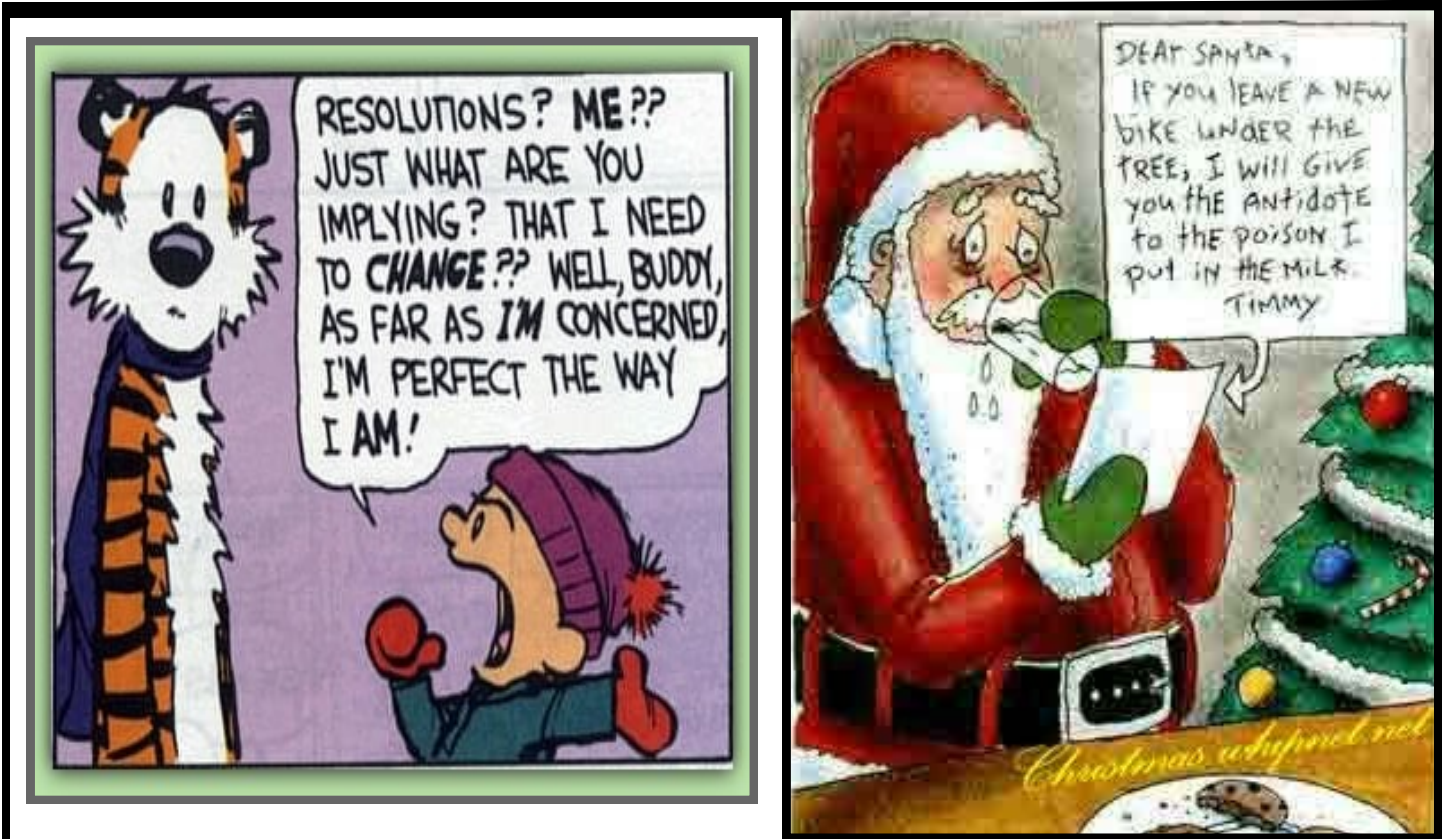
The OCAN Assessment

The Ontario Common Assessment of Need or the OCAN is a consumer driven and consumer defined self assessment tool for mental health service users. The tool has been developed and refined for use in clinical and community mental health settings across Ontario. As of 2012, all mental health service providers are required to integrate the OCAN into their programs and services. As a Consumer/Survivor Initiative (CSI), P.A.C.E. is not in the business of conducting mental health assessments. CSI's are not required to collect information about diagnosis, service use, hospitalizations, medications, etc. But the OCAN is not your typical assessment tool. Designed and refined with consumer input, the OCAN offers a holistic approach to determining unmet needs. The self assessment questionnaire offers consumers an opportunity to identify and describe their unmet needs in their own words. It covers everything from housing to finances to relationships to physical health. The self assessment is voluntary and once completed, the consumer can sit down with a P.A.C.E. staff person or trained volunteer and discuss an action plan to follow through on the unmet needs identified in the questionnaire. The benefits of the OCAN are: 1) it puts the consumer in the driver's seat in terms of identifying unmet needs and service priorities; 2) it provides a common tool and common language across mental health services; 3) it improves the relationship between service provider and service user; and 4) it helps to identify gaps in services across organizations, regions, and eventually, the province as a whole.

In the New Year we will be starting to ask members to complete the OCAN assessment, we want to work with you to ensure that your needs are being identified and addressed as determined by you.

This article was adapted from - www.t-e-a-c-h.org

Diana Miller – Harquail
Membership Development Worker



***P.A.C.E. GERALDTON - SHELLEY CORMIER
COMMUNITY OUTREACH WORKER 807-854-2649***

Be Strong, and Don't Give Up

Remember...there is a deeper strength and an amazing abundance of peace available to you. Draw from this well; call on your faith to uphold you. Life continues around us, even when our troubles seem to stop time. There is always good in life. Take a few minutes to distract yourself from your concerns -- long enough to draw strength from a tree or to find pleasure in a bird's song. Return a smile; realize that life is a series of levels, cycles of ups and downs -- some easy, some challenging. Through it all, we learn; we grow strong in faith; we mature in understanding. The difficult times are often the best teachers, and there is good to be found in all situations. Reach for the good. Be strong, and don't give up.

~ Pamela Owens Renfro ~

P.A.C.E. MANITOUWADGE—LORI OLIVERIA
COMMUNITY OUTREACH WORKER 807-826-4442

Seasonal Affective Disorder

Every year, as the days get shorter and the weather gets colder, it is estimated that about 2% and 3% of the general population may have SAD. Another 15% have a severe experience described as the “winter blues”

Seasonal affective disorder or SAD is a type of depression that seems to be related to the amount of day light to which people are exposed. For most people it tends to occur mostly during the fall and winter months, when days shorten and sunlight decreases.

Many people feel mildly “depressed” during the winter. The disorder may begin during the teen years but tends to begin in people over the age of 20. It occurs more often in women than men. People who live in places with long winter nights like northern countries are also at greater risk for SAD. The symptoms are usually the same as with depression, they include

Increased appetite (change) in appetite, Craving for sweet and starchy foods, Weight gain, Fatigue (low energy level), Tendency to oversleep, Unhappy and irritability, Social Withdrawal from friends and family, Loss of interest in work or other activities, Headaches.

There is no real test for SAD. Your health care provider can make a diagnosis by asking about your history of symptoms. The health care provider may also perform a physical exam and blood tests to rule out other disorders that are similar to SAD.(e.g. low thyroid) that have similar symptoms to SAD.

Treating and Preventing Seasonal Affective Disorder

There are many options of treating SAD. It is usually treated with light therapy, exercise, and good nutrition, as well as antidepressants in more pronounced and severe cases. Also counseling and community support groups may also be part of the treatment plan for SAD.

Light therapy is a special lamp with a very bright fluorescent light that mimics light from the sun and can be very helpful and sometimes eliminate SAD quite quickly. These lights can be purchased or see in your community if you can make an appointment to try one out to see if it works for you.

Exercise is very helpful, especially if it’s aerobic and combined with light, for example, walking outdoors on a bright winter day or exercising on a treadmill in front of a light box. When the sun is out make sure you utilize that sun and get outside.

P.A.C.E. MARATHON- CYNTHIA CLARKE (CONTD ON PG 8)
COMMUNITY OUTREACH WORKER 807-229-0357

Support and Activities Offered Through The Winter Months

We have decided to start a monthly draw in the office, which will be held at the end of each month. Each time a member comes into the office, either for support or attending groups, or just to say “hi” they are welcome to enter their names. The first draw was held at the end of November, and the winner was very appreciative.

We have made arrangements with Marathon Theatre to do a weekly movie afternoon at the theater.

We will be carrying on with our usual coffee and chat as well as offering peer support in the office. Feel free to drop by or call us and make an appointment. We will also continue bowling once a week as we have had many of our members ask to keep that activity going.

I also intend on having a workshop in the New Year on the 5 love languages, The idea of this is to help people speak and understand emotional love when it is expressed through one of 5 languages: words of affirmation, quality time, receiving gifts, acts of service and finally physical touch. We will have fun with this so when I set a date remember to sign up.

A Message from PACE Marathon Placement Student Tracy Manuel

From September to December, I have been on placement with P.A.C.E. – Marathon and I have to say that I have had an amazing experience. The people that I have met, including the members have put a lasting spark in my life that I will hold dear. I can't express the gratitude I have for this remarkable learning opportunity!

To everyone, I sincerely appreciate the time you spent with me. The advice and the conversations we shared have provided me with helpful information and guidance towards my future in the human services field.

Thank you!

Tracy Manuel

On behalf of Pace Marathon, we wish everyone a safe New Year and hope that it brings much happiness to everyone.

“FEELING HEALTHY AND FEELING GOOD ABOUT “YOU” IS NOT A LUXURY”

P.A.C.E. SCHREIBER— LUANNA CARDIFF
COMMUNITY OUTREACH WORKER 807-824-1362

Schreiber Winter Wonderland (How We Are Beating The Cold)

Monday – Relaxation & Meditation techniques 11am/ Wellness group 1-2pm

Tuesday – Crafts & Bag lunch 11am (bi-weekly) /Drop in 1-3pm

Wednesday – Coffee & Chat 10am (Members choice of discussion) / Wellness group 1-2pm

Thursday – Peer/ Games day/Drop in 1-3pm

Fridays – Movie day bi-weekly/Wellness group 1-2pm

Membership luncheon held on the last Friday of each month.

Member's birthday club is the first Friday of each month.

Greif Support bi-weekly

Bowling once a month





*Some think consumer /survivors are crazy,
And not too bright.*

*But at P.A.C.E. they become empowered,
So they can win the fight.*

*P.A.C.E brings the public knowledge,
That we're people just the same.*

*Because we are consumers,
In that there is no shame.*

*P.A.C.E. works to fight stigma,
And give us a better life.*

*They give us love and compassion,
So we can end the strife.*

*So if you come to our building to visit,
Or a member to be.*

*Think of P.A.C.E. as a helper,
Just for you and me.*



Submitted by
Brian F. McInnes

New PACE Policies

As of November 2011 PACE has new policies surrounding the use of computer and laundry facilities. You must be a registered and active PACE member and you are required to participate in at least 2 PACE workshops or activities every 30 days as voted on by the membership.

Get To Know Your Board Of Directors: A Profile



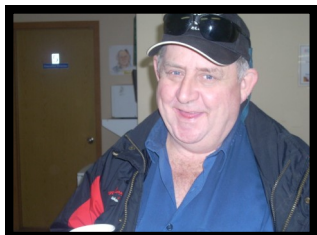
Beth Belluz:

How long have you been a member with PACE? *I have been a member here at PACE for around 3 years.*

Being on the board, What do you do? *Assist with decisions that affect the daily running of PACE.*

How does PACE benefit you? *It helps keep me well and makes me feel productive.*

What are your hobbies? *I like to Cross Stitch, I love watching movies or walking with my dog and music, music is a passion of mine, I like any thing Rock and Roll.*



Brian McInnes:

How long have you been a member with PACE? *I have been a member since 1994.*

Being on the board, What do you do? *Treasurer which means I approve finances and keep PACE on budget*

How does PACE benefit you? *As a person with OCD and anxiety it helps me greatly to have support when I need it. It also helps with my illness, knowing being at PACE is helping other consumers.*

What are your hobbies? *I love to bike ride everywhere, I also love camping, boating and looking up information on the internet.*

join us!

To join PACE's Newsletter Committee, you have to be a PACE member in good standing, have the will to pitch in when it comes to nail crunching time, proof read the newsletter for mistakes, give input on submissions, and the structure of the newsletter, and be a team player.



Newsletter

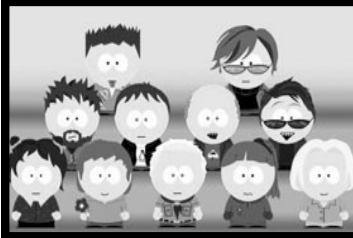
- Mon. Mar 5 12:00
- Mon. Mar 12 12:00
- Mon. Mar 19 12:00

The PACE Thunderstruck Newsletter is a quarterly publication that Members, Board Members, and Staff can contribute to.

Newsletters go out:

January, April, July, October

Please pick up your copy today.



We want and need **Committee Corner** Your input!

Education

Committee:

We are looking for PACE members to help on this committee. It is our goal to tear down the stigma and labeling attached to mental illness. This is an opportunity to express your opinions and ideas in regards to education in the community as well as internally here at PACE This is a time to have a voice, and help us to identify educational needs for the membership of PACE

Mon Jan 9 11:00

Mon Feb 13 11:00



Advocating Change Together

"Working together to solve problems and working toward change to prevent problems".

Join ACT the second Tuesday of each month at 11 a.m. and learn skills to make a difference in your life.

Jan 10, 2012 11:00

Feb 14, 2012 11:00

Mar 13, 2012 11:00

CRAFT DATES

January 30th 2012: 12:30

February 20th 2012: 12:30

March 26th 2012: 12:30

Peer Support Committee

The Peer Support Committee is a committee made up of PACE members.

We meet the Second Wednesday of each month at 10:30 a.m.

Focus:

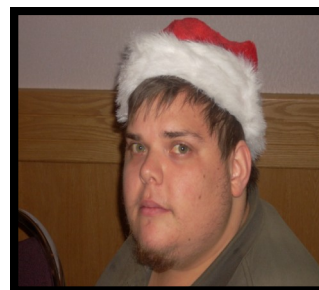
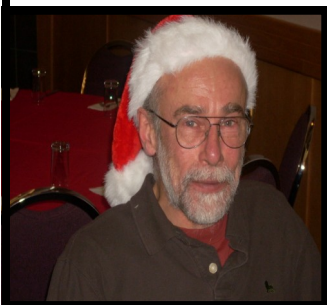
- together, members support each other
- increases knowledge and skills of members
- promotes socialization
- developments acquaintances and friendships

Peer Support Guide Committee

PACE Staff, Board Members, Consumers and Peer Council have formed a committee to design a guide to Peer Support. We are incredibly excited about this project and hope to share it with community partners. It is our intention that other agencies become more aware of what Peer Support is and how our guide can benefit them.

Celebrating Success

MEMBERS AT OUR FESTIVE LUNCH



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Editorial Policy

Thunder Struck is a quarterly publication of People Advocating for Change Through Empowerment Inc. We welcome all submissions that relate to the PACE Mission Statement. *Note:* The opinions expressed are those of respective authors and not necessarily those of the Committee. The Editor reserves the right to edit articles by content, length and style.

Thunder Struck

All submissions to be sent to:

C/O
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