



People Advocating For Change Through Empowerment Inc.

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

PACE THUNDER STRUCK

April 2012
Newsletter

www.pace-tbay.net

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

This great quote from Bob Marley is intended as an interpretation for everyone. It does not apply only to the word "she" but instead can refer to all of us and how we treat each other. Bob Marley was not about hate, prejudice or discrimination but instead practiced and demonstrated love through his messages and songs,



"You may not be her first, her last, or her only. She's loved before she may love again. But if she loves you now, what else matters? She's not perfect, you aren't either & the two of you may never be perfect together. But if she can make you laugh, cause you to think twice, and admit to being human and making mistakes, hold onto her and give her the most you can. She may not be thinking of you every second of the day, but she will give you a part of her that she know's you can break: her heart. So don't hurt her, don't change her, don't analyze and don't expect more than she can give. Smile when she makes you happy, let her know when she makes you mad, and miss her when she's not there."

— Bob Marley

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EXECUTIVE DIRECTOR- DIANA MILLER**Welcome Spring!**

It's finally time to get out of the house and enjoy the fresh air and sunshine! Just like the changes in the seasons, there have been a lot of positive changes happening around P.A.C.E as well! Over the next few months we'll have many new programs starting to support our members on their journey to recovery!

Weekly we will be offering support groups; I encourage members to check in with our new Membership/Peer Support Worker Mandy, to register for a support group that meets your needs. Monthly we will be taking members Bowling or Mini Putting and with the weather getting nicer we will have outdoor activities as well, including walks and bocce ball.

P.A.C.E. is a Membership driven agency, I encourage all members to get involved with the planning and delivering of new programs in order to create an environment of understanding and acceptance while actively participating. A big "Thank You" goes out to our great Board of Directors for volunteering their time to help keep our agency strong and flourishing! Between the amazing staff and devoted Board of Directors, P.A.C.E. continues to thrive!

***BOARD CHAIR - BETH BELLUZ CON'T PAGE 3***

Michael Owens and I have been in meetings with 2 members (John and Maureen) and Peer Supporters at Peer Council at the new Alpha Court Day Centre. We came up with a description of peer support that will be inserted into the information pamphlet/book that Jesse James, the Facilitator at the Day Centre is putting together. Now that we are aligning with Peer Council, PACE (Mike and I) and Peer Council (John and Maureen) will give Peer Support at the centre. We will be attending on Monday mornings (Mike and I) once a month but this may increase once attendance at Alpha Court increases.

Diana and I met with Doug Dowhos and 2 board members from Peer Council at the LPH. The meeting went well, a lot of shared ideas in furthering our alliance. Ideas and plans discussed at this meeting and future meetings will be brought to the board and to the membership.

EDUCATION WORKER—MICHAEL OWENS

Should I Stay Or Should I Go?

At some point we all come face to face with a situation that will test our “Fight or Flight” response. The fight or flight response is a person's reaction to stressful circumstances. One definition used for the response is that it refers to a specific biochemical reaction that we experience during intense stress or fear, hormones are released through the body causing changes to occur throughout the body. These changes are but are not limited to:

- Inhibition of pain
- Suppression of the digestive system
- Release of epinephrine
- Increased heart and breathing rate

Should you stay or should you go now? That is a question only you can answer but in the meantime your body is getting prepared for fast paced action and it's going to need all its resources. Obviously our ancestors didn't face the concrete jungle we live in today and most likely the problems that activated their Fight or Flight response was more physical as ours are more likely psychological. However, Fight or Flight is deep rooted into the fabrics of our DNA as it was handed down through many, many years of evolution.

When our fight or flight system is activated, we tend to perceive everything in our environment as a possible threat to our survival. By its very nature, the fight or flight system bypasses our rational mind—where our more well thought out beliefs exist—and moves us into "attack" mode. This state of alert causes us to perceive almost everything in our world as a possible threat to our survival. Our thinking is distorted. We see everything through the filter of possible danger. We narrow our focus to those things that can harm us. Fear becomes the lens through which we see the world.

We can begin to see how it is almost impossible to cultivate positive attitudes and beliefs when we are stuck in survival mode. Our heart is not open. Our rational mind is disengaged. Our consciousness is focused on fear, not love. Making clear choices and recognizing the consequences of those choices is unfeasible. We are focused on short-term survival, not the long-term consequences of our beliefs and choices. We lose the ability to relax and enjoy the moment. We live from crisis to crisis, with no relief in sight. Burnout is inevitable.

By understanding the fight or flight response, it is possible to start identifying when you are stressed out in your life; by knowing what some of the physiological signs of stress are you can start to manage them. The aim is to mitigate full-blown panic attacks by learning to recognize signs of stress, possible triggers, and be able to relax on demand when you feel the first signs of stress occurring. Learn to understand the difference between being stressed out and relaxed. Regularly practice relaxation techniques, and find what works best for you to develop a state of relaxation. Practice as often as you can, ideally a couple of sessions per day. They don't need to be overly long. Consistency is more important than duration. Practice telling yourself things such as "I am relaxed, calm, and confident" regularly. Making use of affirmations like this can be very helpful. Learn how to let go. Letting go of feelings and emotions as they arise is a very powerful tool that can go a long way in terms of creating a state of relaxation.

MEMBERSHIP WORKER—MANDY TAIT-MARTENS

I am the new Membership Worker here at the Thunder Bay PACE office and I have enjoyed my first few weeks here. Everyone is so welcoming and supportive, that includes Members, the Board of Directors and the other Staff. I have had the opportunity to meet and speak with many members and look forward to meeting even more, my office door is usually open and anyone wanting to talk or just say hello are more than welcome to pop in. I hope to bring a new attitude to the wonderful work being done here at PACE and also bring in new ideas. I love art and plan to make that a regularly scheduled activity, I am going to continue outings from PACE, such as Mini Putt, Bowling and in the summer we will go Gleaning again. I like doing new activities and hope you would love to learn to do them with me. I love running and reading anything I can get my hands on, so if you know any good books let me know. I love to laugh and make a point to laugh every day. I can't sing, so watch out at karaoke time. I am training to do the OCAN assessments so I hope to talk with a few members about that soon. I would love to hear about some of your ideas and thoughts and get to know you all better.



WHEN IS THE LAST TIME YOU DID SOMETHING NICE FOR A STRANGER?

WHEN IS THE LAST TIME YOU PAID SOMEONE A COMPLIMENT?

WHEN IS THE LAST TIME YOU SAID "PLEASE AND THANK YOU"?

WHEN IS THE LAST TIME YOU HELD THE DOOR FOR SOMEONE ELSE?

S	R	E	T	U	P	M	O	C	W
Y	Y	T	I	L	A	U	Q	E	O
N	E	W	S	L	E	T	T	E	R
M	S	R	E	B	M	E	M	T	K
O	V	E	M	F	C	O	O	O	S
V	O	E	G	A	M	E	S	V	H
I	X	F	P	R	T	T	Y	G	O
E	R	F	P	P	O	U	E	A	P
M	D	O	T	R	O	P	P	U	S
D	Y	C	A	C	O	V	D	A	S

<i>PACE</i>	<i>ADVOCACY</i>	<i>VOTE</i>
<i>WORKSHOPS</i>	<i>COMPUTERS</i>	<i>MOVIE</i>
<i>MEMBERS</i>	<i>GAMES</i>	<i>EQUALITY</i>
<i>SUPPORT</i>	<i>COFFEE</i>	<i>NEWSLETTER</i>

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.

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

Depression is painful, but don't give up hope: David Mraze, M.D

People with serious depression begin to lose hope. Unfortunately, so do the people who love them. Perhaps the greatest danger is to give up, so it's critical to keep trying to find some relief.

“Over the years, I've treated many teenagers who were miserable and wanted their lives to end. Their parents usually didn't know how to help, but found a way to get them the treatment that they needed. Many of these patients are now parents themselves and have found their path through life. I always appreciate getting a graduation announcement or news of a wedding because it provides me with strong evidence that I'm right to be hopeful”.

“Of course, it's not easy to maintain hope when you feel that there is no hope. I've been a psychiatrist for many years,. taking care of patients with depression has taught me that most patients get better. A very important reason that patients get better is that we have better medications which work in a variety of different ways. While it's critical to find the right antidepressant, it's just as important to find a psychiatrist who you can begin to trust and who will help you to maintain hope”.

“If there is someone you love who is suffering from depression, there are some critically important things that you can do to help. The most important is to make sure they know that you care for them, even if they're convinced that they're unworthy of your caring. Being there for them is the most important thing that you can do. However, you also need to find a way to help them to find a psychiatrist who can work with them. Once that goal is achieved, it will be much easier for them to become hopeful.”

It also requires that you don't give up.

Need More Help

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

National Alliance on Mental Illness

**www.nami.org
1-800-950-NAMI (6264)**

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

PACE Manitouwadge made this cheesecake for their “Foods that work” Group. The members loved it. They bought the chocolate graham pie crust instead of making the crust it was just easier.

Marble Mocha Cheesecake

Preheat oven to 350

Crust

1 ½ cups Chocolate wafer crumbs
 2tbsp granulated sugar
 2tbsp water
 1 tbsp margarine or butter

Filling

1 2/3 cups 5% ricotta cheese
 1/3 cup light cream cheese, softened
 3/4 cup granulated sugar
 1 egg
 1/3 cup light sour cream or 2% yogurt
 1 tbsp all-purpose flour
 1 tsp vanilla
 1 ½ tsp instant coffee granules
 1 ½ hot water
 3 tbsp semisweet chocolate chips, melted

Combine chocolate crumbs, sugar, water and margarine; mix thoroughly. Press into bottom and up side of spring form pan.

In large bowl or food processor, beat together ricotta cheese, cream cheese, sugar, egg, sour cream, flour and vanilla until well blended. Dissolve coffee granules in hot water; add to batter and mix until incorporated.

Pour batter into spring form pan and smooth top. Drizzle melted chocolate on top. Draw knife or spatula through the chocolate and batter several times to create marbling.

Bake for 35 to 40 minutes; center will be slightly loose. (Let cool before serving or refrigerate over night.)

Tips

Graham crackers can also be used for the crust.

Melt chocolate in microwave on Defrost or in a double boiler.

If instant coffee is unavailable, use 2 tsp prepared strong coffee.

When using margarine, choose a soft (non-hydrogenated) version to limit consumption of trans fats.

P.A.C.E. MARATHON- CYNTHIA CLARKE
COMMUNITY OUTREACH WORKER 807-229-0357

Now that spring is at our back door we are getting ready to endure some more outdoor activities and continue our more popular indoor events.

After 3 years Kim has left our office to move to Southern Ontario, we all wish her well. We have a replacement that has an extensive background with individuals with different abilities. Please join me in welcoming Nancy Ryan to our membership. In April, once our sidewalks are clear we will start up our walk & talk again. We will be walking every Wednesday morning, meeting at the office at 9:30 and walking as far as the participants are willing and able.

Thursday afternoon's Nancy will be running a new educational group. If you want to improve your literacy/computer skills come on out.

Last month a men's group evolved where we meet every Monday for coffee and cribbage (even though it has been brought to our attention that Nancy is not a male).

We have some exciting news happening with one of our members. Roger is going to Oakville at the end of the month for training and bringing home his dog guide. He has been working on this for over 2 years now. We share in his excitement, pictures to follow in next newsletter.

Regular community activities are as follows:

- Games/Bowling
- Art Therapy
- Men's Group
- Computer/Literacy Group
- Audio Book Club
- Movie Day
- Daily Peer Drop
- Monthly Luncheon

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

WHAT PACE MEANS.

Positive Attitudes Change Everything

Positive Clear and Energetic

Pace means a single step taken when walking toward recovery

Pace means walk at a steady and constant speed for health

Our activities include wellness group, coffee and chat, peer support group bowling, art group and monthly luncheon.



FUN FACTS ABOUT COFFEE

- * Coffee was discovered by a goat. Okay....a goat herder. He saw his goats acting strange after eating the cherries from a coffee tree and decided to try it.
- * Coffee comes from a tree or bush that bears cherry fruit. The coffee bean is the seed inside the cherry.
- * Coffee is the second most popular drink. Water is the first.
- * In December 2001, Brazil produced a scented postage stamp to promote its coffee – the smell should last between 3-5 years.
- * It is said “Cowboy Coffee” was made by putting ground coffee into a clean sock, put in cold water and heated over a campfire.
- * The three biggest coffee drinkers in the world are the Americans, the French and the Germans.
- * Originally coffee was eaten. African tribes mixed coffee berries with fat and made edible energy balls.
- * Caffeine is on the International Olympic Committee list of prohibited substances. Athletes who test positive for more than 12 micrograms of caffeine per milliliter of urine may be banned from the Olympic Games.
- * This level may be reached after drinking about 5 cups of coffee. Ouch! Any coffee athletics out there?
- * Turkish bridegrooms were once required to make a promise during their wedding ceremonies to always provide their new wives with coffee. If they failed to do so, it was grounds for divorce! (Ouch!)

MISERY LOVES COMPANY

When I was working, there was a particular co-worker who used to say to me everyday “So....how is your day going?” I grew to dread those words. What she really meant was let me tell you about the terrible day I’m having. Granted, we all have bad days but each and every day was a bad day for her. It really didn’t matter how bad my day was, her day was always worse. If I was having a good day, five minutes of listening to her could ruin my day. We all know or have run into people like this. I honestly don’t know if they just want company being unhappy or if secretly they gain some sort of pleasure in spreading misery. I tried numerous times to point out something positive about the day to her but she was intent on concentrating on the negative. After humming and hawing on how to handle this situation, I decided to limit any contact I had with this particular co-worker. I couldn’t control her outlook on life but I could control how I reacted to it. After that, when she would ask me how my day was going, I would reply “great” and walk away.

At some time in life you will have to deal with what I call a “negative nelly”. It could be a close friend, a family member, a co-worker or just someone you talk to occasionally. All these people ever want to talk about is what is wrong with life; their life, your life or someone else’s life. You always leave feeling unhappy and more depressed than before the conversation ever started. Life is full of choices. You may not be able to cut all ties with the negative nellys of the world but you can choose how you react to them. You can let them make you miserable or you can try to see the positives. Only you can make this decision.

Get To Know Your Board Of Directors: A Profile



JOHN SMITH

How long have you been a member with PACE? November 2007

Being on the board, What do you do? I was a general board member for about a year, and then became the Member At-Large for about four months. I was then voted in as Vice-Chair of the Board. I work very closely with the staff and also the rest of the Board. I try to get input from the members to find out what will benefit them.

How does PACE benefit you? PACE allows me to be in a safe environment with other members and staff.

What are your hobbies? I really like being outside a lot. I am also on the Human Services Justice Coordinating Committee (HSJCC) and the Consumer Advisory Committee. I have been involved in these two committees for about three years.

HELEN HIRVASOJA

How long have you been a member with PACE? June 2010

Being on the board, What do you do? – I am a general board member. Along with the rest of the Board and the Executive Director we try to keep PACE running smoothly and provide the best service we can to our members.

How does PACE benefit you? PACE has provided me with many opportunities. I was given the chance to attend the Peer Support Training Program and also completed my internship hours at PACE. I am now a Certified Peer Specialist. With all the workshops PACE provides, I am continually furthering my education on the mental health system. PACE also provides me with many social opportunities. I love talking with fellow members and.....karaoke!!!!

What are your hobbies? I love anything to do with dogs. I can usually be found walking around my neighbourhood with my two dogs and sometimes even my neighbour's dog.

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.



We want and need Your input!

Committee Corner

MEMBERS



CRAFTS

- April 16 1:30 Fly Fishing
- May 7 @ 12:30 Craft
- June 11 @ 1:00 3D Canvas

PACE OUTINGS

- May 14 @ 1:00 Outing
- June 19 @ 1:00 Outing

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

Education

Committee:

We at PACE have decided to review the Education Committee and make the following change. From now on, Education Meetings will consist of watching a movie related to Mental Health/ Addiction and having a focus group afterward to discuss the film. Everyone is invited and we look



Newsletter

- June 5 @ 11:00am
- June 12 @ 11:00am
- June 19 @ 11:00am

See white board at PACE or monthly calendar for times and up-to-date details of scheduled outings, workshops and crafts.

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.

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.



Celebrating Success



Thunder Struck

All submissions to be sent to:

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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.