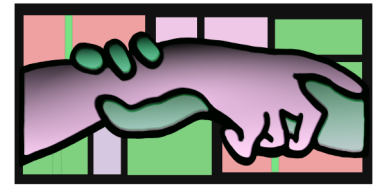


The Rights Stuff

Fall 2012

MENTAL HEALTH RIGHTS COALITION



*Our mission is to encourage,
enable and empower
the voice of consumers in the
mental health system*

September • October • November 2012

Music with Al

One of the features at Mental Health Rights Coalition is live music with our friend Al Barubek. He can be found leading us in song when he is not entertaining folks at the hospital and various locations in Hamilton. You won't miss him with his unique style and voice. Calvin Ferris writes about music days, one of his favourite activities here.

My favourite song is Hey Jude by the Beatles and my friend Al does a very good job on that song. I really look forward to Fridays when Al comes to play at MHRC. He's an awesome guitarist and has a really good voice. He is an all-round great guy and he plays requests. Al even helped me to learn to play my bass guitar. It would be great if everyone came in on Fridays to listen to Al.



Annual General Meeting

and SCOPE and POWER Award
Presentations

Tuesday, September 18, 2012—4 to
7 p.m.

35 Aikman Ave., Hamilton, ON

—details page 3

Mental Health Rights Coalition wishes to
thank the Ontario Trillium Foundation
for their continued support of our
project.



The "POWER" Award

is awarded to a certified
peer support
worker who has
shown outstanding

ability and compassion in their formal
role as peer supporter with consumers of
mental health and addiction in a consumer
organization, agency or business within
the City of Hamilton and surrounding area.
This award is only available for front line
staff who have graduated from a recognized
peer support training program. It
excludes management. The award will be
presented at the AGM September 18th.
—Criteria and nomination information
page 3.

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Executive Director:

Frances V. Jewell

mhrced@bellnet.ca

In the last newsletter I wrote about how it seemed to have been summer for ages. Well here it is, almost September and still hot and sunny. It's definitely the longest summer I recall. This prolonged hot spell has wreaked havoc on everything from the lawn to cash crops such as wheat and soy beans while peach and grape harvests could experience a banner year. I visit the Hamilton Farmers Market at least once a week to buy local fruits and vegetables and to chat with the farmers. They are saying tender fruit will be good but, corn in particular will be scarce.

Here at the coalition record numbers of people have visited us to beat the heat

in our air-conditioned drop-in. In particular people come out when music and karaoke are planned. Friday afternoon music has been hit and miss as the band have summertime obligations. AI has been dropping into play on various days during the week. The boat cruise was a great success and people are asking about next year's event. We would like to hear if you would like to have a different summertime outing. Drop me a note or come and have a chat.

Wellness Recovery Action Plan (WRAP) sessions will be starting up again soon here and in the Niagara Region. I encourage you to attend one of the sessions this year. It's free and will only be

offered until March 31, 2013. Please take advantage of this wonderful opportunity courtesy of Ontario Trillium Foundation.

This autumn members will receive an invitation to participate in a survey to inform MHRC how it could better serve its members. It's important to the organization's growth to hear what works, what you like and of course what changes need to be made. We are excited about the prospect of hearing from the members and hope you give us your valued opinion.

Please take note of the announcement of Mental Health Rights Coalition's Annual General Meeting on Tuesday, September 25th. Come out and join us for dinner, AGM and a couple of great presenters. I look forward to seeing you there.



From the Editor

Amanda Carey

mhrcprograms@bellnet.ca

Moving is an interesting

phenomenon. It brings out all kinds of things in people. In me, it brought out a lot of anxiety over getting finished in time, getting packed and organized. It also brought a resilience I didn't know possible. At times it is a process that could be damaging to one's mental health, but there is a lot of growth that comes from moving, especially independently.

Lessons from the moving van:

⇒ Prepare for rain then stop worrying about it and move on. You can't live in fear of what may or may not come. Live in the sun.

⇒ Keep what serves you and your life now. In the future those things you held on to might not be so important and the space they take away from your life might have been better used.

⇒ Don't get mad at the people who are helping you or you may lose their help. This may mean letting go of some control.

⇒ As much as you plan, something may go wrong or missing. Plan on that.

⇒ Always find the time to take a breath, take break and take care. There is a great saying, "If you do not make time for

wellness, you must make time for illness" (unknown)

⇒ Evaluate your priorities. What is in your "first to open" box? Sure, there are the essentials, meds, soap, bath tissue, and coffee. What after that? I found myself wanting comfort food, music, a book and journal.

⇒ Take a moment to give thanks: spiritually, if you are so inclined, and of course to the people in your life.

⇒ Don't forget to have fun and be active. Yes, even in all the chaos, I found the time and energy to have a Wii night and kitchen dance party.

⇒ You may be on your own, but you're not alone. And... Home is where the cat is. ^.^ >.<

Notice of Annual General Meeting POWER/SCOPE Awards

Tuesday, September 18, 2012

35 Aikman Ave., Hamilton, ON

4:00 p.m. to 7:00 p.m.

4:00 pm — Brenda Lennie, Comedienne

4:30 — Speaker, Charlie Cino, Mood Menders

5 pm Awards Presentations

5:30 pm — Dinner

6-7 pm — AGM

SCOPE is a non-competitive award event: every nominee receives a SCOPE certificate and is invited to the award presentations, along with their nominator.

This meeting will include the election of officers to the board of directors.

Please update membership to ensure voting privileges.

If you will be attending please call 905-545-2525

SCOPE Award—Supporting Consumer Opportunities for Personal Empowerment

SCOPE awards recognize people for their contributions and efforts which empower consumer/survivors of the mental health system in Hamilton.

Nominations are made by mental health consumer/survivors who are members and staff of the MHRC. Those receiving the award may be family, friends, and support workers. It is an opportunity for consumers to publicly thank those who have supported and continue to support them in their recovery. MHRC staff are not eligible for this award.

SCOPE Award forms may be picked up at the MHRC offices, 20 Jackson St. W. or on the website at www.mentalhealthrights.ca or email mhrcprograms@bellnet.ca

Nominations close September 7, 2012. SCOPE awards will be presented at the Annual General Meeting, September 205 2011

Power Award—Cont'd from pg 1

The deadline for nominations is September 7th, 2012. 4pm

Nominations are to be submitted to the Executive Director of MHRC in the form a letter stating:

- the name and workplace of the nominee
- the reason the nominators believes this peer supporter to be worthy of the nomination
- two names supporting the nomination including contact information.

The nominee does not need to be aware of the nomination.

The award will be presented to the selected recipient at the Annual General Meeting of MHRC.



Test your fitness knowledge



Terry Booth, RNCDE, runs two diabetes education groups every month at MHRC. Terry is the Diabetes Educator for St. Joseph's Hospital.

Last publication we talked about precautions to take while fitting exercise in hot summer weather, little did we know at the time just how hot and dry our summer would be.

As you read this edition of The Rights Stuff our days are beginning to grow shorter (blah), but with this comes relief from the heat. Hopefully you were inspired by some of Amanda's "Fun and free things to do in Hamilton this summer" ideas. Continuing with a fitness theme I thought it might be fun to quiz your fitness knowledge. Below are a few true or false questions to get you thinking about your attitudes and behaviours toward fitness. Enjoy and keep moving!

1. You have to join a gym to get into shape?
TRUE FALSE
2. To get healthy you need to exercise at least 60 minutes every day?
TRUE FALSE
3. You only need to exercise if you want to loose weight?
TRUE FALSE
4. If you exercise you can eat as much as you want?
TRUE FALSE
5. Regular exercise may reduce your need to take certain medications?
TRUE FALSE

You will find the correct answers to each question on the next page....



Test your fitness knowledge

ANSWERS



1. FALSE: no doubt some people benefit by joining a gym but, that can be very expensive and there are lots of ways to become more physically active without joining a gym. Why not try:

- going for a walk in a nearby park
- take the stairs instead of the elevator
- get off the bus a stop or two early and walk the rest of the way
- check out fitness CDs at the library
- join a program like Steps To Health
- join a running group...talk to Amanda about this one!

2. FALSE: Health Canada recommends that adults should aim for at least 2.5 hours of activity per week. "Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more. Get stronger by adding activities that target your muscles and bones at least two days per week."

3. FALSE - there are many benefits to becoming more fit including:

- improved mood (think about how you feel after a walk in the park)
- reduced risk of chronic health problems like diabetes, high blood pressure, high cholesterol, osteoporosis and even certain types of cancer
- weight loss
- improved sleep

4. FALSE – achieving and maintaining a healthy weight is one of the benefits of exercise. Eating too much or choosing less healthy foods too often can lead to weight gain as well as many other health concerns including high cholesterol, high blood pressure and diabetes. It is important to balance exercise and healthy eating to live well!

5. TRUE – regular exercise can help to reduce blood sugar, blood pressure, cholesterol and boost mood. Some people have been able to reduce or stop taking certain medications when they exercise regularly.

Do not begin any exercise program without talking to your doctor first!

The Rights Stuff

Published quarterly

by

Mental Health Rights Coalition

Editorial Policy

The Rights Stuff is published every three months by Mental Health Rights Coalition. Our purpose is to inform our membership and partners in mental health and the community about issues and events which may be of interest. Included is a calendar of MHRC events for the upcoming months.

The Rights Stuff is available to our members via mail and to others as requested via email and on our web site at: www.mentalhealthrights.ca

The Rights Stuff welcomes submissions & letters of 250 words or less. Be advised that MHRC reserves the right to edit and/or decline publication of any submissions. Deadline for submissions is the 15th of the month previous to publication.

Printing dates are March 1, June 1, September 1, and December 1.

Views and opinions expressed in this newsletter represent those of individual contributors, and not necessarily of The Mental Health Rights Coalition.

Fun, Free, Fabulous Fall

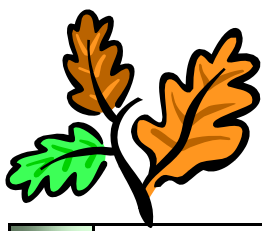
- ⇒ Take Back the Night Sept 20
<http://takebackthenighthamilton.wordpress.com>
www.takebackthenight.org
- ⇒ Knitting and Crochet clubs (Hamilton Public Library see www.hpl.ca for times and locations)
- ⇒ Check out local artists at Gallery4 in the Central Library
- ⇒ People-watch in Gore Park
- ⇒ Locke St Festival (September) www.lockestreetfestival.com
- ⇒ James St S Art Crawl (2nd Friday night of the month)
- ⇒ James St Supercrawl (Sept 14-15) www.supercrawl.ca
- ⇒ Festitalia—(September) Month long celebration of Italian heritage contact veronica@livingrock.ca
- ⇒ Computer Classes (Hamilton Public Library) www.hpl.ca
- ⇒ 100 Mile Feast Sept 8 —tour the Dundurn historical site garden and prepare a seasonal feast using historic recipes
dundurn@hamilton.ca
- ⇒ Concession Street-Music in the Street Noon-2pm Fri until Sept 14
- ⇒ Concession Street Fall Fest Sept 15
- ⇒ International talk like a pirate day Sept 15. Activities at Hamilton Children's Museum and pirate parade through Gage Park
- ⇒ Book clubs (Hamilton Public Library) One is political fiction book club. Contact your local branch or www.hpl.ca
- ⇒ Apple Festival at Battlefield House Sept 29
hamilton.ca/museums
- ⇒ Ancaster Fair Sept 20-23
- ⇒ Lifelong Learning Week Sept 16-22 Activities throughout the city
<http://www.abea.on.ca/llw/LLWHome.html>
- ⇒ Telling Tales Westfield Heritage Village Sept 16 Free family festival of stories
- ⇒ MHRC Annual General Meeting & SCOPE awards Sept 25
- ⇒ 20th annual Ghandi peace festival Sept 29 City hall
- ⇒ Organized rail trail walk. Register at noon at Mohawk Sports Complex. Food afterward. Sept 30
- ⇒ Check out the farmer's market and cooking demonstrations
- ⇒ Art Gallery of Hamilton (Free 1st Friday night of the month and 2nd floor every day). Family fun days last Sunday each month \$5 per family
- ⇒ Free flicks (movies) at your local library. Contact your branch or see www.hpl.ca
- ⇒ Dundas Studio Tour Sept 29-30
dundasstudiotour.ca
- ⇒ Check out a waterfall (cityofwaterfalls.ca) 
- ⇒ What a Girl Wants Oct 21 \$2 new and used clothing sale—Temple Anshe Shalom 905-528-0121
- ⇒ McMaster Museum of Art
- ⇒ Sew Hungry (\$) Ottawa St food truck rally Sept 21
- ⇒ Open Streets Hamilton (Sept 23) <http://openstreetshamilton.ca/>
- ⇒ Hamilton Fall Garden and Chrysanthemum show Oct 19-28
www.hamilton.ca
- ⇒ Go for a walk in your neighbourhood, a park or trail and check out the changing leaves
ontariotrails.on.ca
- ⇒ hamilton.ca/CityDepartments/PublicWorks/Parks
- ⇒ King William Art Walk
- ⇒ Poetry group at the library
- ⇒ Check out the antiques, textiles and farmer's market on Ottawa Street
- ⇒ Run for a cause at Road to Hope Nov 3-4
<http://hamiltonmarathon.ca>
- ⇒ Fieldcote Forest of Christmas Trees contest. Vote on your favourite trees. Nov24-Dec 22. Tues-Sat 1-5 pm. Email fieldcote@hamilton.ca
- ⇒ Climb the escarpment stairs (Try a different one! Did you know there are 7?)
- ⇒ Wander around a new park (or check out Hamilton's Bikeways Parks and Trails map)
- ⇒ Start knitting your Christmas gifts or blankets for those in needs and hats for premature babies 
- ⇒ First day of Christmas at Dundurn Castle Nov 24 Free! (Bring a non-perishable food donation)
- ⇒ Santa Clause parade Nov 10
- ⇒ Night in the Village (International Village) Nov 2
- ⇒ Take some photos. Join Nikon Pals photo club
www.cmhahamilton.ca/nikonpals.htm
- ⇒ "The Stories in the Stones", Hamilton Cemetery tours September 8, 22, 23, Oct 6, Oct 20, Nov 10, 17
hamiltonhistory.ca
robin_mckee@hotmail.com, 905-544-9559

Some activities may have a nominal cost or require transportation.

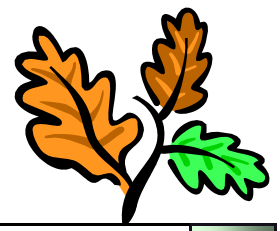
Check out these sites for more information:
www.downtownhamilton.org
















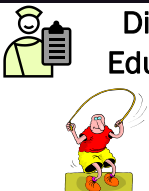






www.thespec.com
www.myhamilton.ca

<http://ihearthamilton.tumblr.com/>
<http://www.tourismhamilton.ca>



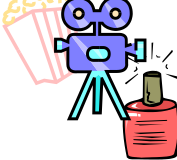























September 2012






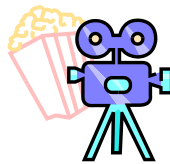

















Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.			MENTAL HEALTH RIGHTS COALITION 		1
2	3	4	5	6	7	8
	Labour Day Closed	Women's Issues Group  Cards 	Karaoke 	Air hockey 	Market demo Cooking for your bones 	
9	10	11	12	13	14	15
	Current Events 	Diabetes Education 	Coffee walk 	Bingo 	Music 	
16	17	18	19	20	21	22
	Birthday Party  Skip-bo	Crazy Eights  AGM 4-7pm Emmaus Place	Movie & Manicures 	Karaoke 	Diabetes Education  Wii Fit	1st day of fall 
23	24	25	26	27	28	29
	Members' Meeting 	Crafts 	Improv Workshop 	Dictionary game 	Music 	
30						

October 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	Karaoke 	Women's Issues group 	Movie and Manicures 	Skip-bo 	Chess, checkers 	
7	8	9	10	11	12	13
	Thanksgiving Closed	Diabetes Education 	Current Events 	Coffee Walk 	Music 	
14	15	16	17	18	 19	20
	Yahtzee 	Crafts 	Karaoke 	Dictionary Game 	12pm Diabetes /Cooking demo  Wii Fit	
21	22	23	24	25	26	27
	Happy Birthday & Dominoes 	Apples to Apples 	Improv Workshop 	Members' Meeting 	Music 	
28	29	30	31			
	Karaoke 	Crafts 	Halloween Party 	<p>Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.</p> <p>MENTAL HEALTH RIGHTS COALITION</p> 		

November 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Calendar Activities begin at 1 p.m. unless otherwise stated. Walking/Exercise activities are dependent on weather. Please wear appropriate shoes and clothing.				1	2	3
				Pictureka game 	Current Events 	
4	5	6	7	8	9	10
	Board Games 	Women's Issues Group 	Knit and Crochet/Cards 	Movies 	12:30 Cooking Demo (Iron) 1 pm Music 	
11	12	13	14	15	16	17
	Air hockey 	Diabetes Education 	Karaoke 	Members' Meeting 	12pm Diabetes education  Wii Fit	
18	19	20	21	22	23	24
	Apples to Apples game 	Crafts 	Coffee Walk 	Dictionary Game 	Music 	
25	26	27	28	29	30	
	Birthday Party Euchre 	Karaoke 	Improv Workshop 	Crazy Eights 	Bingo 