



Summer Newsletter
Sept 2009

HEY, from GOBHI Land.

I am on a role today. That one brain cell has got a lot to say. There is someone I want you to meet. I mean he is someone who really knows what is what. But before I do that I would like to give you an up date on the Warmline. The Warmline is a hit. It is winning all kinds of awards and people are calling from all over. I, myself, am having a good time talking to people.

We did lose one of our Warmline workers. Jim Link passed away. It is sad to lose one of our own. I give comfort and thanks to his family for sharing him with us. I hear he was a one of a kind. Thanks to those that knew him and celebrated his life. We as a group say, we will greatly miss him.

I would like to tell you about the hours that the Warmline will be running.

"Call" at any time!!	Mon, 10:00a.m. – 8:00p.m.	"Call" at any Time!!
	Tue, Noon – 10:00p.m.	
	Wed, 9:00a.m. - 2:00p.m.	
	Thurs, 8:00a.m. – 6:00p.m.	
	Fri, Noon – 5:00p.m.	
	Sat. 5:00p.m. – 10:00p.m.	
	Sun 5:00p.m. – 10:00p.m.	

1-800-698-2392

We have several counties working for the Warmline. We are so excited about what is happening with the program. Poor Angel, she is working so hard to get more counties on the Warmline, she has to have some time off. So Angel, take some time off girl friend and take a deep breath. We salute you.

OK, now let's get back to this really cool guy that I want to introduce to you. He is an artist and a coffee maker. He is a friend of mine and I would like to share his story. His story starts off like most of ours. He was into drugs and alcohol. By the way his name is Sean Donahue. His life was spinning out of control. He went to jail and spent some time in the state hospital. He found that art seemed to be a way out of the dark place. He has been clean for six years.

Sean has been working at the deli at Creekside in St, Helens. He lived at Alternatives for awhile. Now he is in supportive housing. He is happiest when he makes others happy. His long term goal is to go to school and get his art major, and become a teacher or a graphic designer. He likes to ride bikes and walk. Basketball is his best sport and he like music. I would like to share some of his art work with you.



Sean has done such a great job at being an artist. He enjoys doing scenic pictures. I enjoy his art work very much. He is so creative it shows in his work. I do hope that you to can enjoy his work. I can see his work on TV, in a book, on a billboard somewhere along the highway or in a museum one day.



Sean Donahue
"Great! Great!"
"Guy"!!!

Sean is really a good guy. When you talk to other people they say for sure he is a cool guy. Now I would like to encourage you to send a story about you or about something else.

Now I would like to share some of my brain cell info. I was thinking with the holidays coming up, knowing that some of us really have a hard time this time of the

year, I would like to share what has helped me through the holidays. I have a group of friends that get together for the holiday. Each person brings their best dish. It doesn't even have to be the food you eat on those days. One of my friends would bring enchiladas. We call it 'Santa's special'. We play games and maybe watch a movie. But we are not alone. We are with people that were in the same boat. They were without family and we are the closest thing we could get to having one. Maybe for Santa day you could get the people you want to spend time with and draw names for a gift. We say make it no more than \$5 or \$10, that way you can get at least one gift for Santa day. What I would do is go to the dollar tree, and get a bath basket or tools depending on who was my person. Sometimes I would make something. When you take the time to make something, the person that gets it likes it very much. I'll tell you what I am doing this year. I have been buying little craft projects and am going to put them together and hand them out. The dollar tree has little door hangers and you can do whatever you want on them and give them out. There is about four or six in each pack. That means you can make things for more than one person. So you have no reason to sit and feel sorry for yourself. Start a new way of celebrating the holidays.

I hope that you all had a good summer. I was able to go to the spring conference. I was really happy to get out and spend some time with my new friends that I am making. But the second day I was there I woke up and was sweating and cold at the same time. I was in the bathroom when I found out I was bleeding very bad and I wasn't supposed to be. I got scared and called for help. I had to go to the hospital and I spent the night. I tell you what, you find out who your friends are when you're that far away from home and they come to help. I had Isabo with me and some of my new friends helped me with her. (If you don't know who Isabo is she is my dog.) One thing for sure, I was not a happy camper. I just wanted to go home after that. By the way, if for some reason you are reading this, I want to say thanks to those that were there for me and those that thought about me. That really made me feel like I do make a difference and that I am an important part of something. THANKS, THANKS.



GUESS WHO?
3

I
am
a
Wondrous
Special
Unique
Divine
Rare
Valuable
Whole
Perfect
Total
Complete
Entire
Worthy
and
Deserving
Person

I just wanted to throw this in. Even though I was in the hospital, the conference went on. The weather was great and the food was good as always. The people were great. I went to the GOBHI meeting and one other meeting. I found myself in a place that I wanted the people to come up with more ways to show that there is life after mental illness. It's called mental health. I am a mother hen type and I want people to be OK. I mean, life keeps going on with or without you. That can be very sad to miss out on. We talked about getting people out of the state hospital, but I wanted them to understand that if someone has been put away like that then we need to help get them ready for the world. I feel that if I've been locked away for more than two years, then I am going to need help with working on money management and daily living skills & med management. Maybe I will need help with knowing how to keep in touch with those that can help me with handling the little things. Nothing makes me madder than to move people out just because there is no money. People end up on the streets or in jail and that is not what we need to have happen. It is happening more than you think.

Then there are the cops who don't know how to deal with people who have mental problems. People get killed and no one is to blame. The guy was mental and needed to be put down. I'm sorry for saying it that way, but that is how it is. Sorry, my one brain cell almost grows another. I don't know. What do you think? PLEASE write to me and tell how you feel about this. I don't want to start a mutiny, but the truth can be hard to hear. I'm not saying do it for us. What I am saying is work with us. I really hope you don't think that I am a know it all but I have walked the walk that many do. I have a friend that says we all suffer from mental illness from time to time, but some have higher coping skills.

I know that I have very strong ideas. When it comes to our mental health it is very important to me that there are programs out there to help. Never regret a day in your life. Good days give you happiness, bad days give you experiences. Both are essential to your life. Keep going. I remember when I was younger that there just was not much out there when it came to helping me. It made me angry that people didn't seem to care or really didn't know what to do. I would see a councilor and they really didn't not hear what I was saying or they would panic and do dumb things. We as a group need to come together and help one another. That is one of the reasons that I enjoy the Warmline. Who understands you better than your own peers? Am I right? Or am I wrong? Look at this picture. It is a group of ants trying to move a piece of bread. Do you see how they are working together? What if a grasshopper moved in. Do you think that they could get the job done? Or do you think that the grasshopper is a little too much? Or maybe let's throw a snake in the picture. What then? Do you think they can get the work done? Maybe we should throw a little money their way and get the grasshopper and the snake out of the way. Get the resources that they need to do it on there own. Then what? A little of the right stuff goes a long way. I hope that one day we can work together. It would make the world a better place. Can you imagine what we can get done? Take time to laugh, for it is music to the soul. I am sure that at times these ants laugh. Trying to work together can be a hard thing. If you have the right team you would be awestruck at what you can get done.



What do you think?

I would like to hear you tell a story of the ants. It can be about team work, or what you see in this picture?

I really would like to hear from you. That way I don't feel like this newsletter is all about me. But if you don't send writings, or stories then that's all I have. I can tell a lot of stories.

OK! Now I need your help. PLEASE send me something to put in the news letter. Or I will keep sharing about my trips to Africa. I have a lot to say about that. You can e-mail me at paintedlyofafrica@yahoo.com, or snail mail 364 S. 18th ST. #5, ST Helens OR 97051. So if you don't want to hear from me, send in songs, poems pictures, and short stories. Even better yet let us Warmline jukies know how you like the Warmline. Signing off for now. My one brain cell is spent.

Norma

↑ guess who can't spell