

BUSINESS NAME

February 2024

PHONE

507-333-5840

Friendship House Voice

SAVE THE DATE!//STAKEHOLDERS' MEETING

When? April 11, 2024

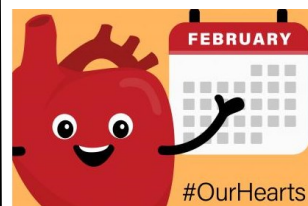
Time? 12noon to 3:30pm

Where? Mayo Civic Center, Mankato

- Must be pre-registered for a meal
- Details inside

February is American Heart Month

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting our hearts



More Volunteer Opportunities at the Friendship House !

- St. Vincent's de Paul- Assist with Food Shelf
- Furball Farm, Afternoon Shift
- River Bend Nature Center?

2023 Volunteer Recognition Banquet to be held

March 13, 2024

Horizon Homes, Inc.

Mobile Crisis Services

South Central Crisis Center

Call: Crisis Services, at 877-399-3040



Right:
Bowling Fun!



Left:
Mike &
Mark at the
Bell
Museum

Brent Bishop,:

Seeking balance in a life of challenges unchosen.

Mr. Bishop is a multi-diagnosed person, who has faced the life challenges that come with such conditions to seek balance.

Along with the challenges he has used the benefits of his conditions to manage life.

Having become a Metmorphic writer and a Storyographer, he is able to share the challenges and adventures of a Mentally challenged life.

Challenge Unseen, response unknown

Many medical problems are easy to see, identify, understand and respond to, others are not. A person born with Downs Syndrome, Cerebral Palsy are easy to identify. People with disability due to injury resulting in broken bones, or paralysis can be recognized by their supports of crutches or wheelchair. People with limited body movement due to stroke or brain damage are noticeable by their body movements. Others ailments are exposed when they suffer a seizure, as is the case with diabetics, or people with epilepsy. Any of these noticeable conditions garner sympathy, and support when needed. Assistance by related or unrelated others to aid with doors, pathways, carrying items, even aiding with seizure assistance.

Then there are people similarly caused by birth defects, injury, trauma, genes, environment, chemical imbalance etc. which result in unseen impact of mind's process and function, that are unseen. It is challenging for the people with the unseen issues, because they did nothing to cause them, they only inherited or acquired them, with no desire to do so. A very unwanted affliction, that they need to manage and others are not able to see, identify or understand. To make it more difficult, unlike people with Down's Syndrome or Cerebral Palsy, who may not be aware of their condition, most people with mental health conditions are painfully aware of their, unrequested, condition and are responsible for managing it.

Those with the unseen mental issues, caused by nothing they did, like all the other seen issues, are left to manage their conditions unknown to others they encounter. This is challenging for people with these issues, when they try to explain or share their challenges, it is not easy for others to understand and respond. Many think it is a thought issue and simple to solve with better thoughts. Yet the Mental issue is like a real broken leg, which cannot be cured with thought or cast. There is no cast that can be used to reset the mental process, or knowledge of where such a cast could be placed on a broken mind part might exist, if at all. Anyone with a mental health issue would love to will it away, make it disappear. One with such a condition, is no abler to will it away, than those who have visible conditions, but this is not possible. And expecting they can, is not helpful or realistic.

As I write each of these articles, I write not only for the ones with issues but those that interact with them, family, friends, professionals, to help each to understand the challenge faced and to provide sympathetic assistance, as one would to a person with a wheelchair stuck in a rut.

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Mental Health behavior can be silent like depression, introversion; expressed like anxiety or panic; or aggressive like physical or assertive behavior. This is challenging for both the person with the challenges and the persons around them. Verbal communication is very helpful, since one cannot see their challenge, like they can when a wheel chair is stuck. Getting the person with issues to inform you if they are feeling issues is very helpful. When I am out with friends or family, if I am in a situation that causes me anxiety I will let them know. One common situation for me, is being on the edge of high places, where I have to the urge to jump or fear of falling. In this case, someone with me can walk on the nearside and I the far side, to put me at ease.

Since it is not a physically visible condition, it is difficult for others to see, understand or respond. While we may want to have people be as responsive to us as they are to others injured. Our wishful feelings will not help us. We need to find ways to manage our issues and to let those around us know what we can to help them with their awareness, so they can help us and themselves.



No one knows as I float in the Australian air, an overwhelmingly strong and fearful urge to jump, for no reason. I ended up sitting on the floor of this hot air balloon, between the legs of the unnoticing 17 others. One of the scariest moments of my life, alone in fear, crowded by the unaware. It was very possible I could have jumped, if my legs would have succumbed to mind's urge, leaving the other 17 who shared the space with me wondering, Why!? I would not have survived, contrary to popular belief, things do not fall up down under, I would have ended up 6 or more feet under.



Shoulder in sling, older man children see it is handle with care, as they play easy with me in this game of Fijian rugby. They can see my pain, and adapt for my benefit.

February is Heart Health Month!

Here are 5 tips to stay healthy this month!

1. Eat Well

What are some healthy foods you can think of? Fruits, vegetables, protein and whole grains can be great for your heart health. Try and cut down on highly fatty foods also!

2. Be Active

Staying active is a great way to keep your heart healthy. Being active can help strength your muscles and bones. Do things you enjoy doing.

3. Minimize your salt intake

Try and have no more than 5 grams of salt a day. You can find a lot of fruits, vegetables and wholegrains that are low in salt.

4. Know your numbers!

You cannot feel high blood pressure so it is important to check and know what your numbers are. It can help you learn how to control them.

5. Check your blood pressure

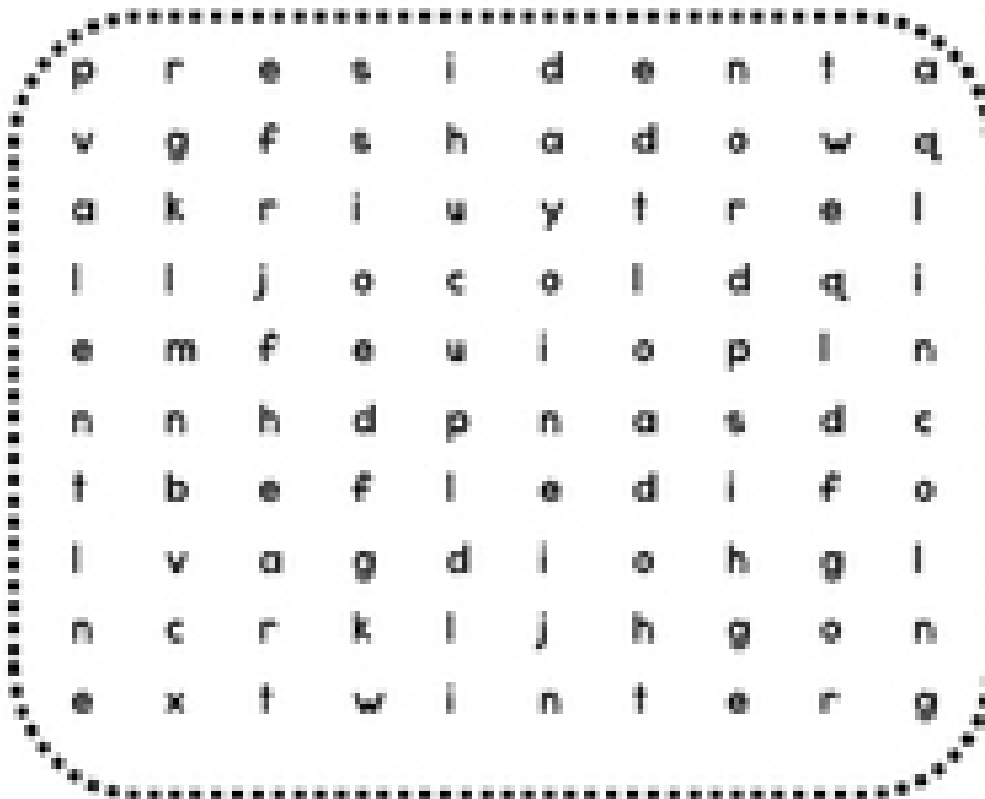
Friendship House offers a blood pressure cuff. Take the time to see how well your heart is beating!

If you use the blood pressure cuff 2 times this month you will get an extra bingo prize! (You need to write it down at friendship house)

Name _____

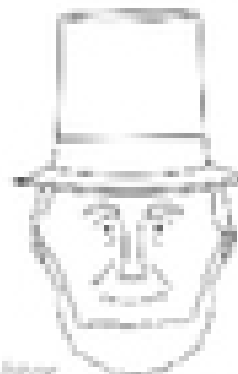
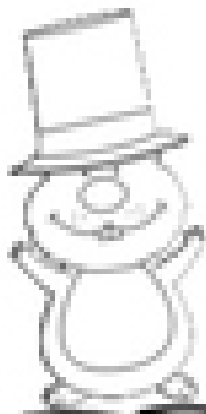
Date _____

February Word Search



Word Bank

- Valentine
- President
- Groundhog
- Heart
- Cupid
- Lincoln
- Shadow
- Cold
- Winter



Save the date: Prepare to Set Sail with us for Stakeholders Spring 2024!

“We Can’t Control the Winds, but We Can Adjust Our Sails”



When: April 11, 2024

Where: Mayo Clinic Health Systems Event Center, Mankato

Who can attend?: Anyone who is a stakeholder of our 10 County Mental Health Region.

Individuals living with SPMI are eligible to receive a free lunch if registered ahead of time.

What to expect: This is an educational event focused on Mental Health. There will be speakers, recovery stories, games, wellness enhancement drawings, and vendors.

~Registration information, agenda, and more details about the event to come~



BLUE EARTH EDEN FARIBAUT
FREEBORN JENNY MARTIN



FEBRUARY BIRTHDAYS!

Joy K.

Arnie S.

Vickie L.

