

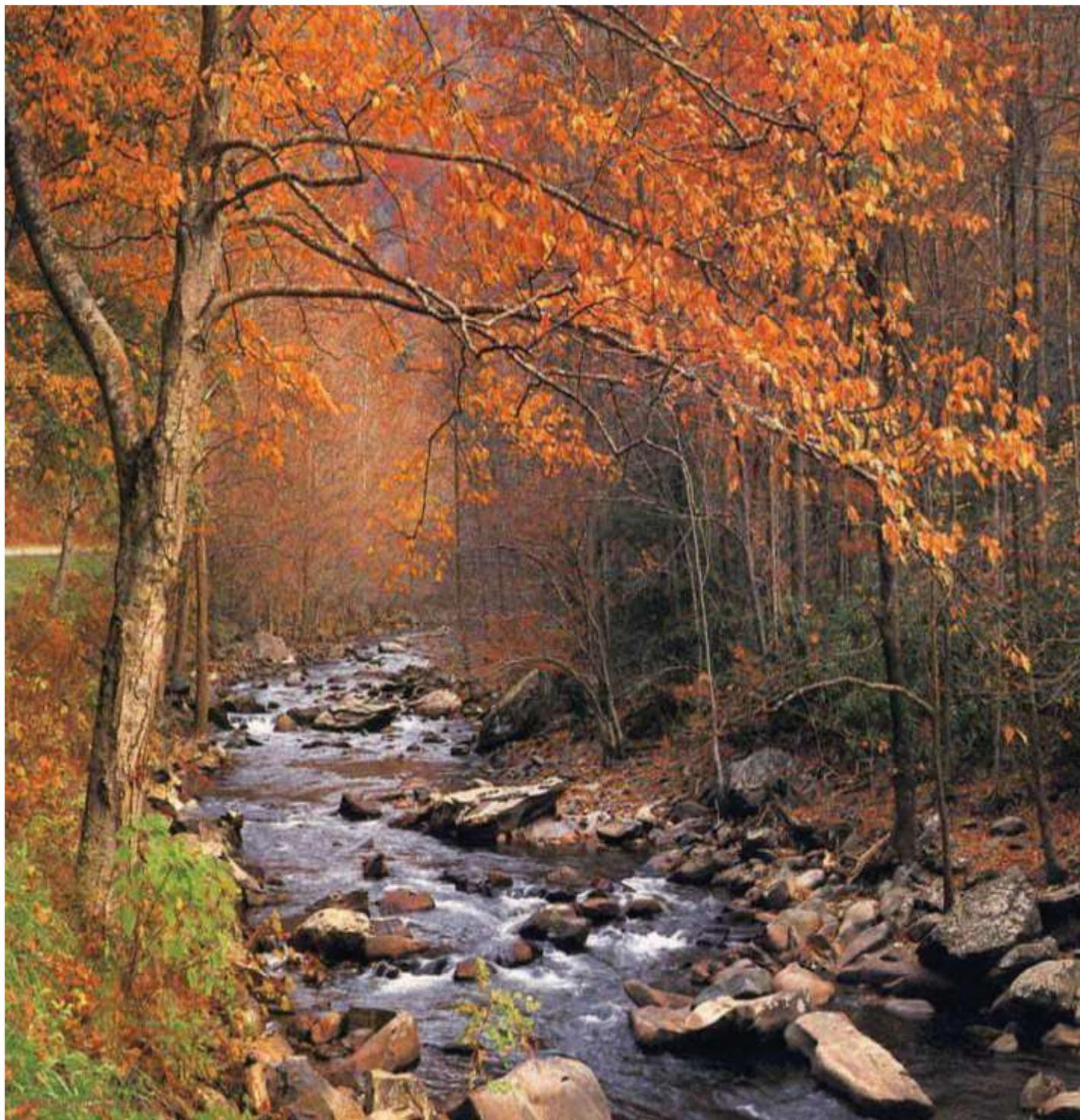


# The Ray of Hope

Sunrise Wellness Center Newsletter

Mental Health Association  
of the Southern Tier

November 2017



"Joy has nothing to do with what other people think of us. Joy is an inner state of being that gives life itself to our souls. It is woven into the very quality of our lives ... like the breath that keeps us connected to ourselves and to others." - Anne Bryan Smollin



## Groups to look forward to at the SWC this month....

EXPRESSIVE ARTS: November 7th, 14th & 28th collage, symbolic images, painting and open studio are 1:30—3 pm  
November 1st, Poetry Café @ 10—11:30 am, bring your own poetry or some favorites from another poet to share

Wednesday November 2nd, @ 1:00 — 3:30 pm  
Color Life Affirmation pages and a Movie with refreshments

Friday, November 3rd @ 10: 00 am —11:00 am  
casual Walk and Talk together, downtown Binghamton

Monday November 13th and 20th @ 1:00—1:30 pm  
Peer Meditation Group, a practice to still the mind, finding center

Thursday November 9th @ 1:30—3 pm  
Holistic Approach to Seasonal Affective Disorder (SAD)

Wednesday, November 8th, 15th, 29th classes @ 1 — 2pm  
Nutrition Wellness Class with Jennifer Vallone , RD, CDN  
and individual sessions available by appointment  
\* pre-registration, contact Front Desk \*

Friday November 10th @ 10—3 pm  
Trip to Aquaterra Park and Russel Farms  
plan to bring money for lunch or brown bag picnic lunch  
*\*pre-registration required*

Thursday, November 16th @ 1:30 — 3:00 pm  
What does Recovery Mean to You ? interactive discussion

Friday, November 17th @ 10 — 11:30 am  
Healthy Choices with Alyssa from Cornell Cooperative Extension

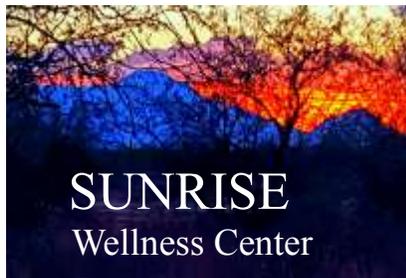
Friday November 17th @ 12:30—3:30 pm  
Painting Your Heart of Joy , all are welcome,  
instruction provided— Please pre-register

Tuesday November 22nd, 10—12 pm, pre-register  
Gratitude Brunch, light refreshments, coffee & connection

TO REGISTER FOR CLASSES AND TRIPS  
CALL (607) 771-8888 (EXT 301)  
OR SIGN UP AT THE LOBBY FRONT DESK

### You can always meet one on one with a Peer Support Recovery Coach on staff

We can help you set up a WRAP plan, assist you in establishing a list of long term and short term goals, and offer support in all endeavors!



**PEER SUPPORT VALUES:**  
**CHOICE**  
**NON-JUDGMENTAL**  
**HOPEFUL**  
**EMPATHY**  
**MUTUALITY**  
**RESPECT**

**Kim Taro**  
Director of Sunrise Wellness Center  
(607) 771-8888 ( ext 335 )

**Donna Parmer**  
Recovery Coach  
& Community Connections  
(607) 771-8888 ( ext 309 )

**Cindy Casterlin**  
Recovery Coach & Expressive Arts  
(607) 771-8888 ( ext 303 )

**Janiece Miller**  
Recovery Coach ( ext 311 )

### Sunrise Wellness Center Peer Support Groups @ MHASt 153 Court St Binghamton NY

“Men’s Group”  
Mondays 11:00-12:00 pm

“Peer Support Group”  
Mondays 1:30-3:00 pm

“Women’s Group”  
Tuesdays 10:00-11:30 am

In addition, the Sunrise Wellness Center offers an exciting variety of interactive activities throughout the month. There are community fieldtrips, expressive art classes, advocacy, health and wellness programs, group meditations and much much more !

### “MHASt Endicott Peer Support Group”

Wednesdays 4:00-5:00 pm  
@ First United Methodist Church  
53 McKinley Ave Endicott NY



**MHASt MOVING DAY UPDATE:**

The renovations at our new building location on 47 Broad Avenue, Binghamton NY, are almost complete.

Projected date of the move to our new Broad Avenue address is mid-November.

\* contact telephone number (607) 771-8888



**HEALTHY PUMPKIN BUTTER**

- 1 (29oz) can of pumpkin puree
- 3/4 cup fruit-only apple juice
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cloves
- 1 cup coconut sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

**INSTRUCTIONS**

Combine the pumpkin, apple juice, spices and coconut sugar in a large pot. Stir well and bring to a boil. Reduce the heat and simmer for 30 minutes, until the mixture thickens, stirring often.

Chill in the fridge before serving.

**NUTRITION** Serving size: 1/40th of mixture  
calories 28 fat: 0 Carbs: 7 Sugar: 3 Fiber: 1 Protein: 1

**NUTRITION SERVICES at MHASt**

with Jennifer Vallone, RD, CDN

Jennifer, a registered dietitian, can help you succeed in your nutritional needs, whether it be help identifying healthy goals, weight loss, cholesterol management, diabetes or knowledge of nutrition.

The Classes and Individual Sessions, are FREE, available by appointment.

For more information and to pre-register for a class or individual session, contact MHASt Front Desk (607) 771-8888 ext. 302

**\* Class Dates for November**  
Wednesday Nov. 8th, 15th & 29th  
1:00 PM to 2:00 PM



# In the Community

## **Dual Recovery Anonymous**

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

*Meetings are Saturday and Sunday @2:00pm in the Beacon Drop In Center*

## **Broome County Urban League**

### **SMART Recovery Meetings**

**Every Wednesday @ 6:00pm**

The SMART Recovery® 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors. SMART Recovery® teaches individuals how to change self-defeating thinking, emotions, and behavior and to work towards long-term satisfactions and quality of life.

*The group will meet at Urban League on Carroll St Binghamton NY.*

For more information, please call (607) 218-5945 or e-mail [info@hope607.org](mailto:info@hope607.org).

## **SUNY ATTAIN Labs at Binghamton**

ATTAIN provides communities access to new technologies, education, and technology training. These services are designed to ensure that adult learners succeed not only in college and the workplace, but also meet the emerging needs of employers in New York State.

Call and register for an Orientation class!

**\*\*Attending an orientation class is the first step for every new client; they will assess your existing computer knowledge and place you in an appropriate class. All services are free of charge and open to the community!\*\***

**\*\*Call to reserve a spot in Orientation Classes in April\*\***

## **\*OTHER SUPPORT GROUPS IN THE COMMUNITY\***

### Bereavement Support Group

Location: Lourdes Hospice Office, 4102 Old Vestal Rd, Vestal, NY. Call Marie Halecki @ (607)584-9160

### Depressive and Bipolar Support Group

Location: Unitarian Universalist Church, 183 Riverside Dr, Binghamton, NY. Mondays @7. Call Bunny @ (607)239-4624

### Those Left Behind

A monthly support group for people who have lost a loved one to suicide. For dates and times call @762-2887

### Family Support Group

For family members who have a loved one with mental illness. Wednesdays @6-7:30

Location: Private Dining Room on Level G at Binghamton General Hospital. NO pre-registration required.



## No Time for Mindfulness? Try This On-the-Go Walking Meditation

Article by Elisha Goldstein | June 27, 2014

<https://www.mindful.org/no-time-for-mindfulness-try-this-on-the-go-walking-meditation/>

During the day many of us are moving so fast, sometimes physically, but almost always mentally. Our neurons are firing in hyper speed with so much to do and so much to pay attention to. We're all working so hard to get somewhere that we forget to be here. Sometimes when I'm rushing, I'll notice that I'm "rushing home to relax." In that moment I become present and realize that I don't have to rush home to relax, I have arrived in the present moment and can choose to "be" different.

Here's a trick I learned that helps me train my brain to be present while simply walking.

### Mindfulness On-the-Go: Walking Meditation Practice

- 1. Appreciate.** If you are fortunate enough to have the ability to walk, try and remember, it took you over a year to learn how to walk and these legs are often the unsung heroes that take you to and fro day in and day out. Thank your legs for all their efforts.
- 2. Ground.** Bring your attention to the sensations of your feet and legs as the heel touches the ground, then the base of the foot, then the toes, and then they lift. You can actually say to yourself, "heel, foot, toes, lift." This is a way to connect to the action of walking in the present moment.
- 3. Come to Your Senses.** Walk slightly slower and begin to open your awareness to all your senses, one by one. Sight, sound, taste, feeling, smell. See what is around you, listen to the sounds, taste the air or whatever is in your mouth, feel the warmth, coolness, or breeze on your cheeks, smell the air. Then stop for a moment and see if you can take in all of the senses.
- 4. Say a helpful phrase.** Recite some sayings while taking a few steps. For example, take a few steps and during an in breath say to yourself, "Breathing in, I have arrived, breathing out, I am home" or "Breathing in, I calm my body, breathing out, I relax." Or make up your own sayings.

You can do this while walking to work, in the hallways, running errands, or walking from the car to the door on the way home. Keep in mind this is a practice. So whenever you remember that you are rushing home to relax, or really rushing anywhere, just say to yourself, "rushing, rushing, rushing." This in itself widens the space between stimulus and response where awareness and choice lies.

In this space, you are now present and can engage in any of these ways of mindful walking. But don't ever take my word for it, try it for yourself! Imagine what the days, weeks and months ahead would be like if you practice mindfulness on-the-go a bit more often. (And for more on walking meditation, you might want to check out "Walk This Way," from the June 2013 issue of *Mindful* magazine.)

As always, please share your thought, insights and questions below. Your interactions here provide a living wisdom for us all to benefit from.

*Adapted from Mindfulness & Psychotherapy*



Sunday, November 5, 2017, 2:00 am

Clocks are turned **backward** 1 hour

Our Mission Statement:

To empower individuals in their journey of self-exploration and recovery and break down the barrier of stigma in all cultures through education, peer support, outreach, community integration and engagement

WARMLINE

Peers are available to talk if you need support.

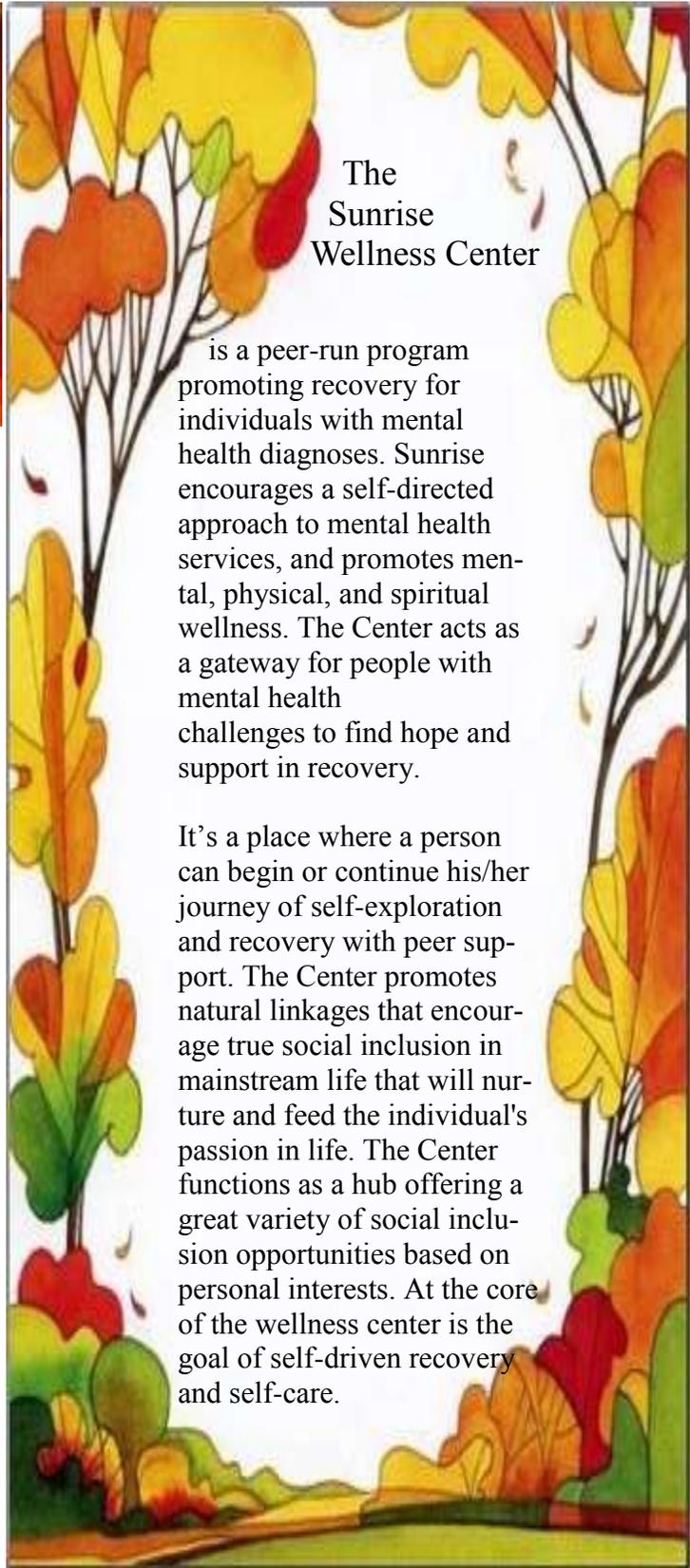
(607) 240-7291  
 Monday-Friday  
 9:00am—4:00pm  
 Saturday and Sunday  
 12:00—8:00pm



The  
 Sunrise  
 Wellness Center

is a peer-run program promoting recovery for individuals with mental health diagnoses. Sunrise encourages a self-directed approach to mental health services, and promotes mental, physical, and spiritual wellness. The Center acts as a gateway for people with mental health challenges to find hope and support in recovery.

It's a place where a person can begin or continue his/her journey of self-exploration and recovery with peer support. The Center promotes natural linkages that encourage true social inclusion in mainstream life that will nurture and feed the individual's passion in life. The Center functions as a hub offering a great variety of social inclusion opportunities based on personal interests. At the core of the wellness center is the goal of self-driven recovery and self-care.





# PEER SPOTLIGHT!

## THE FUNDEMENTAL FOLLIES .....and The Beat Goes ON

### What's a WRAP??

#### Wellness Recovery Action Plan

WRAP is a plan that teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe personal skills, supports, and strategies to reduce or eliminate symptoms. It is not meant to replace, but to complement professional health support and medications.

While developing your own WRAP, you will first want to spend some time developing your “Wellness Toolbox”. This Wellness Toolbox is a listing of those things you may already know and do to take care of yourself and things you think would be helpful. Wellness Tools include things like developing a strong support system; peer counseling; focusing; relaxation and stress reduction exercises; journaling; creative, fun and affirming activities ; exercise; diet; light; and getting a good night’s sleep.

- Other “Tools” Developed:
- Daily Maintenance
- Triggers
- Early Warning Signs
- When Things Are Breaking Down
- Crisis Plan
- Post Crisis Plan

*All of our peers are encouraged to come in and meet with one of our Recovery Coaches on staff to develop your own personal WRAP!*

**Call 771-8888 (ext 309) to schedule an appointment!**





Mental Health Association of  
the Southern Tier

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Visit us on Facebook at

<https://www.facebook.com/WellnessSunrise>

**[www.yourmha.com](http://www.yourmha.com)**

The Sunrise Wellness Center is a free program offering support, education and social opportunities to promote mental, physical and spiritual wellness. This program is peer-operated and recovery oriented. If you or someone you know is in need of support or is looking for an alternative to traditional mental health care, please do not hesitate to contact us. The Sunrise Wellness Center is open to all adults 18 and over, and no diagnosis or referral is needed. The services can be used on their own or as a complement to traditional treatments.