



## Holiday Stress



It's beginning to look a lot like Christmas everywhere you go. Now, don't those words just cheer you up? Sparkling falling snow melting on your tongue; going Christmas caroling with your friends; seeing smiling faces everywhere you go.; kids standing in line just to sit on Santa's lap; Christmas lights twinkling on a crisp winter night.

This might paint a nice picture, but to some the holidays can be rather stressful. If you're stressed, maybe you should take a step back and breathe in 1-2-3- and 1-2-3-. Not relaxed yet? Well, here are some ways so the coming holidays won't be so stressful for you.

One of my favorites is holiday baking. I know you say "that's stressful," but it doesn't have to be. One key way is to pace yourself. Make decisions and plans ahead of time. So put your apron on, play some holiday music, get a buddy or a loved one and get baking. It's always better when you have someone to share the joys of the holiday, and it's always fun to snatch some goodies for yourself.

If you don't like baking, why not send out a card to a person you haven't heard from in a while or a neighbor who you haven't visited in a while?

If you want a nice quiet evening to yourself, why not go for a walk? The holiday lights; the sound of the snow crunching beneath your feet; The cold crisp air might satisfy you. Then go home and get some nice warm blankets to cuddle up on the couch while watching a favorite holiday movie. Snuggle up in bed with a good book and relax

Now don't these things sound nice? So take a step back, sing a song, smile and melt all those stresses away.

Denise V. Walber, Participant and 2004  
President of Friendship Activities Committee



The Winter edition of Friendship Place's Newsletter has been written and put together entirely by Participants attending here. We as participants would appreciate any feedback you may have.

April Blair  
Editor



Jean Seager  
Associate  
Editor



# "NEW MEDICATIONS—NEW RAYS OF HOPE"

Newer medications, especially anti-psychotics, help people make the transition to a more normal life. Though most of us need to stay on them for the long term, they are an essential part of Friendship Place's efforts to get people back on their feet. We work with the area mental health clinics urging people to stay on their meds as a vital part of their social and psycho-

logical recovery. Many of the newer meds have fewer side effects than the severe effects of the past. New medications both control the symptoms and allow for greater social activities.. Friendship Place plays an important part in the transition. We strive and promote being responsible about taking our medication, and about the serious problem of going off and

not being in control. We help people to see that to be successful in society requires responsibility.

New meds are a great bridge, but without the responsibility that goes with them, recovery will be a missed opportunity.

BY LEAH SCHWARTZ  
STAFF GUEST  
COLUMNIST



## My Story

Hi, my name is Sandy Pharis. I have been attending Friendship Place for 5 years.

My diagnoses is Bi-Polar Rapid Cycling Mixed States, with a secondary diagnosis of Schizoid Effective Tendencies. This made me a perfect guinea pig for tons of meds, most of which did not work for me. It took until 2002 for me to get on the right meds.

I have an associate degree in computer networking

from Fox Valley Technical College in 2000.

My hobbies include creative writing, prose and poetry. I also enjoy reading a good book, camping, watching my favorite show on TV spending time with my cat "Ms. Logan," and attending Friendship Place.

I also enjoy leading the Support group and mentoring the Peer To Peer group. I went through 3 days of intense training for the support group.



If a person wants to learn more about mental illness, one should listen to others talk, and keep an open mind. There is information about mental illness available at Friendship Place.

By Sandy Pharis





## TRAVELING IN STYLE

Recently, we purchased a van from the YMCA for \$3,500.00. We received grants from King's Daughters, Thrivent, St. Elizabeth Foundation, and Bergstrom Fund of First Presbyterian Church, to cover the cost of the van, its maintenance and insurance.

The van holds 15 passengers and goes by the name of "Big Red". It will be driven by Friendship staff.

We have a smaller van that holds 7 people and is called 'Little Blue'. The bigger van was needed for field trips and to transport people throughout the Valley on Tuesday and Thursday nights, and to initiate a "Round Trip" Service once a week to the Heart of the Valley area.

by Pat



### Christmas Wish List

Some of the participants were asked what would you like for Christmas if you could have anything you wanted. Some of the answers are: April: driver's license Hazel: new car  
Kathy: Lambergini Jimmy: private jet Jerry: peace on earth Maggie: laptop computer  
Denise: Horse Jason: Hummer Jackie: new car Jodi: a car Russ: money

THE STAFF AND PARTICIPANTS AT  
FRIENDSHIP PLACE

WISH YOU AND YOUR FAMILY BEST  
WISHES FOR A MERRY CHRISTMAS  
AND A HAPPY NEW YEAR



---

WHERE FRIENDS ARE  
FAMILY

Friendship Place  
220 N. Commercial St.  
Neenah, WI. 54956

### Mission Statement

The purpose of Friendship Place is to provide people with mental illness a safe, caring and stable environment for socialization, recreation, friendship, peer support, education and fellowship .

### Wish List

\$1-\$5 Prizes  
Sponsor a person  
(\$2.00 an event)  
Pinball Machine  
Popcorn Machine  
Styrofoam cups  
Darts & Pool Sticks  
Printer Cartridges  
Hot Dogs & Buns  
Sugar-free Snacks  
Art Supplies  
Volunteers  
Stamps  
Fresh Fruit  
**VACUUM CLEANER  
WITH ATTACH-  
MENTS.**(must be  
heavy duty and in  
good condition)

### Winter Activities at Friendship Place

Bowling, movies nights	Christmas parade
Poetry & writing classes	Dinners, lunches & dances
Karaoke	Worship service
Bingo	Christmas caroling
Support group	Cookie baking

Yes, I would like to be a friend of  
**Friendship Place**

Enclosed is my tax deductible Contribution of :

\_\_\$5.00 \_\_\$10.00 \_\_\$25.00 \_\_\$50.00 \_\_\$100.00

We appreciate your helping others gain their independence. God Bless You!