

The Recovery Center  
825 Jefferson Avenue  
P.O. Box 1368  
Scranton, PA 18501



# Ideas???

**Mental Health WARM LINE**  
1-866-654-8114

The WARM LINE is a confidential, one-on-one telephone support for persons from Lackawanna or Susquehanna Counties who have a mental illness and are experiencing sadness or loneliness or just want to share good news. It is staffed by trained persons who are in Recovery from a mental illness and who understand the needs of their peers.

The WARM LINE operates daily from 6:00 P. M. to 10:00 P.M.

**Do you have a story?  
Poem?**

**Then bring them to the Recovery Center and help us put together the next Newsletter.**

**Remember, you are only one step away from being an Editor.**

## THE RECOVERY MESSENGER

Spring Time

April 2008



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Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born. The snow begins to melt and streams swell with runoff and spring rains. Most flowering plants bloom this time of year, in a long succession sometimes beginning even when snow is still on the ground, and continuing into early summer. As in summer, the axis of the Earth is tilted toward the Sun and the length of daylight rapidly increases. The northern hemisphere begins to warm significantly causing new plant growth to "spring forth," giving the season its name.

Severe weather most often occurs during the spring, when warm air begins to invade from lower latitudes while cold air is still pushing from the polar regions. Flooding is also most common in and near mountainous areas during this time of year because of snowmelt, many times accelerated by warm rains. In the United States, Tornado Alley is most active by far this time of year, especially since the Rocky Mountains prevent the surging hot and cold air masses from spreading eastward and instead force them directly at each other. Besides tornadoes, super cell thunderstorms can also produce dangerously large hail and very high winds, for which a severe thunderstorm warning or tornado warning is usually issued. Even more so than winter, the jet streams play an important role in severe weather in the springtime. The hurricane season officially begins in late spring, on May 15 in the northeastern Pacific and June 1 in the northern Atlantic.

From Wikipedia, the free encyclopedia  
[http://en.wikipedia.org/wiki/Spring\\_\(season\)](http://en.wikipedia.org/wiki/Spring_(season))



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825 Jefferson Avenue  
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Phone: (570) 504-0913

### Spring Hours

Monday, Wednesday,  
Thursday & Friday  
9:00 AM to 6:00 PM  
Tuesday  
9:00 AM to 8:00 PM  
Saturday  
11:00 AM-5:00 PM

### Riddle

A man walks into a bar and asks for a glass of water. The bartender pulls out a shotgun and points it at him. The man says, thank you and leaves. Come to Recovery Center for the answer.

### DATES IN HISTORY

**1788** Nay Aug, or Roaring Brook, linked together by successive rapids and falls for many miles, emerges from the water-shedding crest separating the Delaware from the Susquehanna, and forms the noisiest tributary of the Lackawanna, which it enters at Scranton, one mile below the ancient village of Capouse.

**1908** The Everhart Museum at Nay Aug Park features fine arts and natural history exhibits. The non profit institute has an on the site library that contains information about what can be seen throughout the museum.

**2001** The Mental Health Association in Northeastern Pennsylvania became the Advocacy Alliance. Advocacy because it is the "core" of everything we do. Alliance represents the bringing together of three groups...consumers of mental health and mental retardation services, their families and professionals. The three lines in our logo represent these groups working together as one.

### USEFUL TIPS

- Take an hour each day just for yourself.
- Reconnect with an old friend.
- Perform a random act of kindness.
- Help someone without them knowing.
- Buy a stranger a cup of coffee.
- Go to the mall and window shop
- Go for a extra walk this week.
- Tell someone that you love them.
- Love yourself everyday.
- Turn off the TV and listen to the people around you.

The Recovery Messenger Editors:  
Robert Romaine, Sue Yantorn, Richard Smallacombe & Carl Mosier

From the Editors:  
Don't walk in front,  
I may not follow.  
Don't walk behind,  
I may not lead.  
Just walk beside me  
And be my friend

If you would like to be on the Newsletter Committee, please contact us at the Recovery Center.

The WARM LINE

The WARM LINE is where you can call when you are depressed and feel lonely and just need someone to talk to. The people who run the warm line are people who are in recovery and know what you are going through or have been through similar situations that you are going through in life. When you feel like you are hitting rock bottom or just need an answer to a difficult question you are going struggling with just pick up the phone and reach out to someone. There is always someone on the WARM LINE who wants to listen and who cares about what you are going through in life. Plus, if you don't know where something is or you are new in town, you can find out where food and clothing and other stuff are located. Just pick up the phone between 6 PM and 10 PM and ask. There is always someone on the phone that would like to help you with the situations you are going through.

**Volunteering**

As a University of Scranton student and a psychology major, I am expected to complete a certain number of community service hours for particular classes. When I was reviewing the different agencies in the area that accept student volunteers, I was quickly attracted to the Advocacy Alliance Recovery Center. The general description stated that volunteers would help with meetings and activities, such as Friendship 7, and generally interact with those recovering from mental illness. I was particularly interested in this agency because, as a psychology major, I have been taking classes for four years on subject matter related to what the clients here are experiencing. I was also excited because I had never heard of the Advocacy Alliance. I was eager to experience a new environment and meet new people. As a volunteer, I hope to experience many things. First and foremost, I want to be able to help whoever I can whenever I can. I expect to learn about this agency. I am interested in the various activities and meetings that are offered and the difference they make to the local community. I hope that, over my time here, those who are a part of the Advocacy Alliance Recovery Center become increasingly comfortable with me and find me to be a friendly, smiling face. I have only been here for two visits, but so far, I have found lots of friendly folks. Everyone has been especially welcoming, and I am anticipating meeting more people over the weeks to come. I appreciate the opportunity to be involved in the unique services provided here at the Recovery Center. -By Krystle Evans

**Friendship 7 Summer Evening Picnics**

Tuesdays June 9th, July 14th, and August 11th from 5:30 PM to 7:30 PM are the times for Friendship 7 Summer Evening Picnics where people go to Nay Aug Park for cook outs, games and fun. People from Clark Summit State Hospital, Harbor House and else where, come to socialize with Recovery Center Members, to hear music from the Clarks Summit State Hospital Band, play games or just relax. It is a nice change of pace instead of being stuck inside. Last year people learned how to play a ring toss game with iron washers and participated in some exciting baseball games. It was really nice because the people who come up to the picnic help to set up and to cook and serve the food. Nay Aug Park is a nice place to take a walk or just sit and watch people. Please ask your mental health provider to help you attend!

**One Man's Journey**

**My time at the Recovery Center is an important part of my recovery. It is a way I can hang out with friends who are sober and play games and do stuff together instead of sitting home, isolated and depressed. When I come here I like to help out and do stuff. Sometimes, I like to help with making the breakfast on Saturdays. I like to come for Friendship Seven and hang out with friends who come from the state hospital. We play games and have something to eat with them. This place helps me stay sober because there are Co-occurring Meetings here every Tuesday from 2 pm to 3 pm. Sometimes, I help run the meetings, and other people who come to the meeting sometimes like to run them instead. This is my recovery story. I hope I help people who read it .**

**-by Robert R.**

**CSP Corner**

The Regional Community Support Program (CSP) meets the 3rd Tuesday of each month from 10:00 AM to 1:00 PM at the Recovery Center. On May 20, 2008 from 9:00 AM to 3:00 PM, the Regional CSP is having their Retreat at the Inn at the Abington's. All are Welcomed.

The Local Lackawanna CSP meets the 3rd Thursday of each month from 3:30 PM to 4:30 PM. The Local CSP now meets at the Scranton Counseling Center on the third floor. For more information, contact Kevin Brown at the Recovery Center at 570-504-0913.

**What's new with CSP?**



Kevin Brown (CSP), Kathy Wallace (Advocacy Alliance), The Honorable Judge Vito Geroulo (Lackawanna Courts), Colleen Phillips (Mental Health Court Coordinator) and Kevin Gownley (Adult Probation/Parole) gather around items donated by Lackawanna CSP and Advocacy Alliance for persons who have a mental illness and are members of the Mental Health Court.

**Weekly Activities**

- Community Luncheon Meetings:**  
Mondays @ 1:00 PM
- Co-Occurring Meetings:**  
Tuesdays @ 2:00 PM
- Depression and Bipolar and Support Group:**  
2nd Monday @ 6:30 PM to 7:30 PM
- Friendship-7 Social Club:**  
Tuesdays @ 6:30 PM to 7:30 PM
- Mental Health Court Support Group:**  
Fridays @ 3:30 PM to 4:30 PM  
Saturdays @ 2:00 PM to 3:00 PM

**Poetry Corner**

**March**

**M**-many of us look forward  
Parades, daffodils  
Green ST. Patty's Day  
All across the dotted board  
**A**-Always and to forever  
Red, white and blue  
Loving, purities and dress  
Date to mind together  
**R**-remember the best  
The bunny coming home  
Chocolates, cards and hats  
Putting hearts and minds to rest  
**C**-Communities all know  
The splendor and cantor  
What are we waiting for  
Re-enact tying a satin bow  
**H**-heaven! For a child's sake  
The eyes of innocence  
So sweet to behold  
In us too, images to intake  
by Helen A. Gibbs-

**"Walls"**

There is a place inside of me  
Hidden away from plain view  
So dark and gloomy when I  
Get to this place locked away  
Within the walls.  
Depressed alone turning to stone  
With in the walls  
A prisoner of sorts with feelings of  
Doom.  
by -Rich

**"Spring"**

Springtime is bringing  
A sweet little hare  
Nibbling in the fresh air  
Birds are among us singing  
by -Sue Yantorn-