



Community Event:

Authors, Artists Celebrate at Journal Release Party

It's almost here!

The *Diverse Minds North State Journal 2017* debuts soon with the **Book Release Party, 1 to 3 p.m., Thursday, Nov. 9.**

The Journal is a publication of art and writing created and produced by people impacted by mental health and other life challenges.

Communities across 16 counties of Northern California were invited to participate.

The event at the **Veteran's Memorial Hall, 554 Rio Lindo Ave.** (right next to the Iversen Center) and is open to the community. Anyone who submitted to the journal is invited to bring guests and to read or discuss his/her art or writing pieces.

There will be a slide show featuring, in full color, all the artwork in the journal, which is published only in black and white.

Local musicians will perform as well. Community organizations that support art and writing in the North State are also invited to come and share about their organizations.

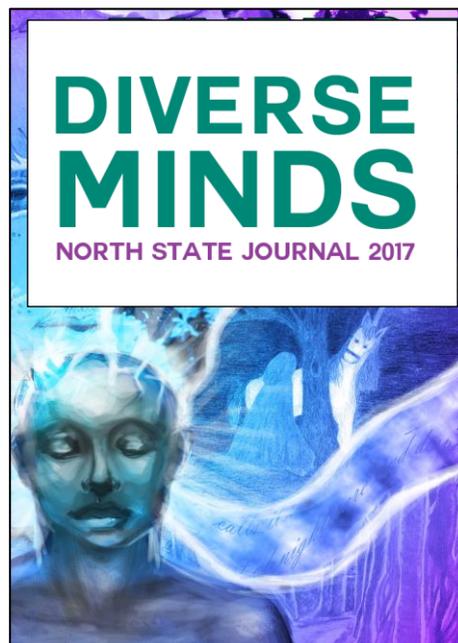
Many will likely be pleased and amazed throughout the emotional celebration of all the talents and passions that fueled this collaboration.

The highlight is the release of the book where participants may take home a copy for the first time.

This project, the Iversen Center's third anthology, is an expansion of the Iversen Journal. This is the first time the publication was offered regionally. At least six counties are represented this year in a remarkable 165-page publication.

The hope is to continue to grow and improve with a new publication each year.

For more information, email iversen@nvcss.org, or go to the website at nvcss.org/diverseminds.



Twelve Step group now meeting daily

The Iversen Center is now offering a non-affiliated Twelve-Step group each morning, soon after the center opens for about 30 minutes. The Twelve Step process is helpful in meeting and overcoming life challenges.

Meeting times are: **9:15 a.m. – Monday through Friday; 11:15 a.m. – Saturdays.**

WRAP Starting Again

A NEW WRAP, or Wellness Recovery Action Plan, group is starting **Wednesday, Nov. 8.**

The 8-week, life-changing group will include weekly one-hour sessions, **Wednesdays at 2 p.m.**, until the end of the year. All are welcome to join.

Closure Dates in November:

The Iversen Center will be closed for four days in November.

- Nov. 10 – Honoring Veteran's Day
- Nov. 11 – Building Maintenance
- Nov. 23-24 – Thanksgiving Holiday



November Events

Karaoke
Noon
Wed., Nov. 1

Movie
Noon
Wed., Nov. 8

***Diverse Minds
Book Release Party***
1 to 3 p.m.
Thurs., Nov. 9



Karaoke
Noon
Wed., Nov. 15

Sing Along With Nancy
1 p.m.
Thurs., Nov. 16



Members Only Day
Thanksgiving Celebration
Noon
Wed., Nov. 22

Karaoke
Noon
Weds., Nov. 29



**Member's Meeting
& Social**
Noon
Mondays

**Iversen
Orientation**
1 p.m.
Mondays

Iversen Center closed: Nov. 10, 11, 23, 24

Kerry's Korner

ADVOCACY RESOURCES

*Bringing you monthly info, fun,
informative websites, interesting
Phone Apps, and more!*



It seems like all we hear about in the news these days is some type of disaster – fires, floods, storms and crime. What can we do to protect ourselves? No matter where you live – the city, the country – disasters are possible and the very first step in protecting yourself is to educate yourself. Know what kinds of disasters can happen where you live and what supplies to have ready.

Recent wildfires and the Oroville Dam scare in our area threatened thousands of people and though the large majority knew how to react, there were many so frightened they didn't know what to do first. Volunteers at the fairgrounds during the Oroville evacuation told of people who left their homes and their IDs, medications, proper clothing, or food for their pets. Learning what to do ahead of time will make you safer and more able to deal with difficult situations.

SUGGESTIONS FOR DISASTER PREPAREDNESS

Here are some resources with great advice about how to prepare for a disaster:

"When Disaster Strikes"

Article in Awake!, no. 5, 2017, p. 3-7

Special thanks to Dawn and David, our booth neighbors at the North Valley Plaza Farmer's Market for sharing this.

"10 Disaster Preparedness Tips You Can Really Use," by Katherine Boehrer
huffpost.com

"Disaster Preparedness"
humansociety.org

This has wonderful tips on keeping pets safe during an emergency.

"Emergency Preparedness Training"
www.csuchico.edu

This is a great local info site with additional links to Butte County.

AFFIRMATION FOR THE MONTH

"I accept the good that is flowing into my life."

November Awareness Calendar:

- Nov. 13** – World Kindness Day
- Nov. 14** – World Diabetes Day
- Nov. 16** – International Day for Tolerance & **Great American Smokeout** (See p. 4)
- Nov. 18** – International Survivors of Suicide Day & National Adoption Day
- Nov. 24** – Native American Heritage Day
- Nov. 11-19** – National Hunger & Homelessness Awareness Week

November is also:

- Adoption Awareness Month
- National Career Development Month
- Native American Heritage Month (See p. 5)



www.theworldkindnessmovement.org

The idea behind the World Kindness Movement (WKM) crystallized at a conference in Tokyo in 1997 when the Small Kindness Movement of Japan brought together like-minded kindness movements from around the world. The WKM was later launched in Singapore on November 18, 2000, at the third WKM Conference.

The mission of the WKM is to inspire individuals towards greater kindness and to connect nations to create a kinder world. Members of the movement include over 28 nations.

The Iversen Wellness & Recovery Center and Med Clinic

Hope. Support. Respect.

The Iversen Wellness & Recovery Center offers an environment of inclusiveness, recovery, and wellness to adults living with persistent mental illness. Members share their ideas to create a setting that is peer-led and agency supported. The Iversen Center is a “stigma-free” environment offering activities, groups, and social support opportunities. The Iversen Center promotes and encourages tolerance, acceptance, and growth within its members that reflects respect for diversity and differences. Realizing one’s full potential and having a strong sense of hope allows us to realize our dreams.

All services (with the exception of Med Clinic) are FREE and open to members of the public 18 and over.



Recovery oriented activities and services include:

- Peer and Staff-led Groups and Activities
- Peer Support
- WRAP Classes and Groups
- Socialization
- Med Support (through Butte County Behavioral Health)
- Computer Lab

The Iversen
Wellness & Recovery Center
492 Rio Lindo Avenue
Chico, CA 95926
(530) 879-3311

The Iversen Center is a program of Northern Valley Catholic Social Service, and is supported by Butte County Department of Behavioral Health and MHS funding.



Northern Valley
Catholic Social Service
INSPIRING HOPE & TRANSFORMING LIVES



Great American Smokeout – November 16

by Bruce Baldwin
Cessation Coordinator
California Health Collaborative

There are so many good reasons to quit smoking that it's always a good time to think about giving up tobacco. But with the **Great American Smokeout (GAS) coming up on November 16**, now is an especially great time to start making a plan to stop!

GAS is an annual event sponsored by the American Cancer Society, a day when they ask all smokers to put down their cigarettes to try and quit, if only for the day. It can be a great way to kick off a lifetime free from tobacco!

Here are just a few of the remarkable changes that happen in a smoker's body starting almost as soon as they stop:

- Within 20 minutes blood pressure, body temperature and pulse rate return to normal.
- Within 8 hours the carbon monoxide and oxygen levels in the blood balance out and return to normal.
- After only 24 hours a quitters chances of having a heart attack begin to decrease.
- Within 48 hours the sense of smell and taste begin to start working normally again.
- After only 72 hours all nicotine has left the body.
- Within the first 2 weeks the blood flow to the teeth and gums will return to normal, beginning the process of restoring long term oral health.
- Within 3 months the circulation improves and lung capacity has improved by 30%.
- After only 1 year the risk of heart attack has been cut in half and after 2 years it is nearly the same as someone's who never smoked.
- After 5 years, the risk of dying from lung cancer is cut in half.

There are so many positive changes and much to be grateful for when people quit, but we all know it isn't easy for most smokers! It really comes down to finding what works for you and being persistent. Most tobacco users will need to make multiple attempts before they finally succeed and remain tobacco free. So if you've tried and failed, don't give up, it's all part of the process!

Sadly, the most commonly chosen method of quitting, just deciding not to smoke anymore and quitting on the spot (AKA "cold turkey"), is also the least effective method.

While abstaining from all tobacco products is an important part of most successful attempts, adding some support and making a plan lead to higher rates of long term success. Smokers who combine nicotine replacement (patch, gum lozenge, etc.) with medication and support are the most likely to remain tobacco free, according to numerous sources.

Fortunately Iversen members NEVER have to go it alone. Every **Thursday at 1 p.m.**, they can join others who have quit or are trying to quit in the **Iversen Center tobacco support and recovery groups**. These meetings are led by Iversen members who are former tobacco users and who have been specially trained to help their peers quit using tobacco. You don't even have to be ready to quit to sit in. You just have to be willing to go an hour tobacco-free to sit in and learn.

There are numerous other resources available, such as the California Smokers Helpline: 1-800-NOBUTTS and the many forms of help now available on the internet. A good guide to those resources can be found at:

<http://www.tobaccofree.org/quitlinks.htm>

No matter what method you choose, quitting tobacco is one of the best things anyone can do for his/her health and wellbeing. Best of luck in your efforts!





Excerpt from nativeamericanheritagemonth.gov

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the “First Americans” and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 “National American Indian Heritage Month.” Similar proclamations, under variants on the name (including “Native American Heritage Month” and “National American Indian and Alaska Native Heritage Month”) have been issued each year since 1994.

International Day for Tolerance



From www.nationaltoday.com/world/international-day-for-tolerance-november-16/

Since 1996, the International Day for Tolerance has been celebrated on November 16. It was started by the United Nations General Assembly, with the goal of getting educational institutions and the general public to see tolerance as a staple of society. It came after the UN declared a Year for Tolerance in 1995.

How to Observe International Day For Tolerance

1. Watch debates and discussions

There’s no shortage of live debates and discussions about tolerance, and you can get a glimpse of perspectives from all over the world. You don’t have to leave your home to take part in any of this either. All you need is internet and an open mind.

2. Check out educational resources

If you want to consume info at your own pace, check out some of the online educational resources; you’ll be able to find everything from text books to lesson materials. The UN Chronicle Online Education site has detailed articles about tolerance.

3. Tell your own stories and listen to others

Feel empowered to share your thoughts and observations. There are a number of essays and dialogues centered on people’s individual experiences, so you can join the conversation even if you’re not up for a debate. There’s nothing wrong with listening, either. (It might even be the most important aspect.)



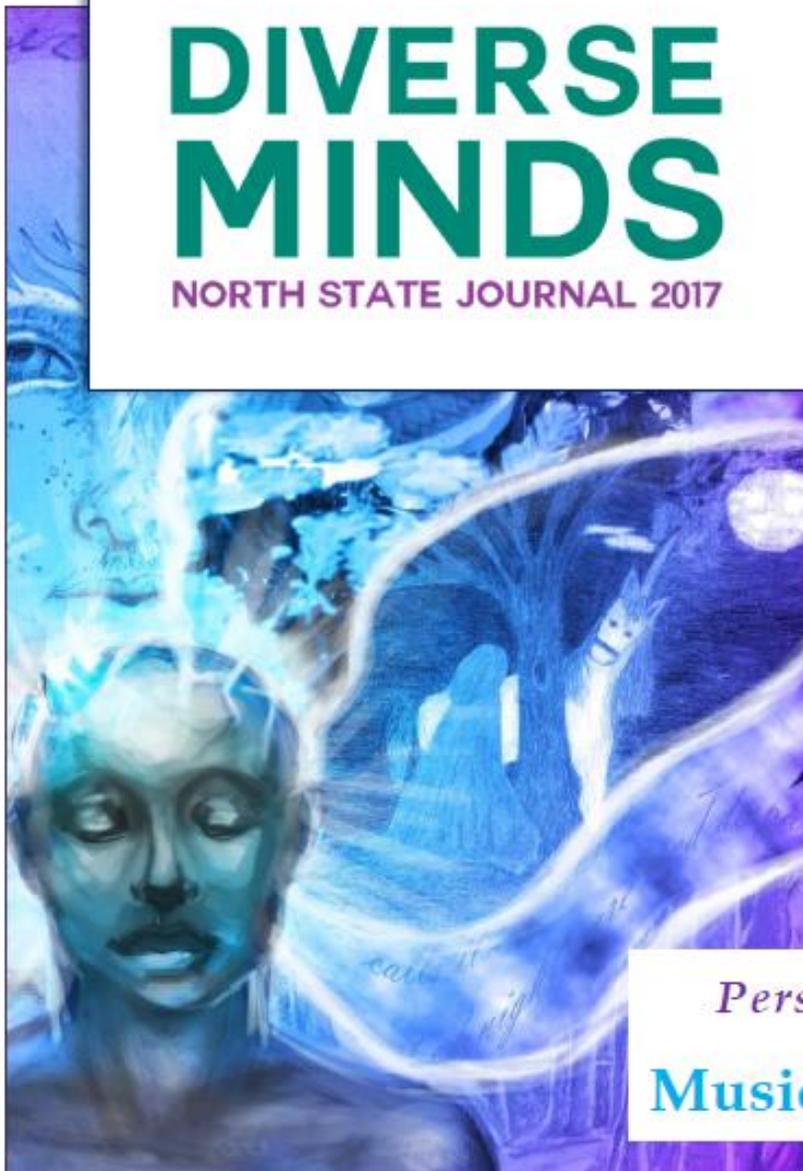
Book Release Party

DIVERSE MINDS

NORTH STATE JOURNAL 2017

Thursday
Nov. 9, 2017
1 to 3 p.m.

At Veteran's Memorial Hall,
554 Rio Lindo Avenue,
Chico, CA 95926



Celebrate people living in wellness across Northern California, and artists among us, as we present the release of the

Diverse Minds North State Journal 2017

a book of writing, photography, and art produced by community members impacted by mental health challenges.

You won't want to miss this emotional experience with people who, despite life's hurdles, produce amazing work!

Personal Experiences
Art **Poetry**
Music **Short Stories**

A project of:
Iversen Wellness & Recovery Center

(530) 879-3311

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