



Mixed Plate Maui

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Wellness Works!

By: Susan King

How do you know when you are healing and in recovery from your mental illness? I often have wondered how I would know when I'm "there" or when I'm getting close.

The answer is really quite simple, you can tell by your reactions in various situations. When I was really very ill, everything would make me cry. Everything was my fault and because it was my fault, I was a failure and didn't deserve life or anything that was good.

Today, I am capable of standing up for my rights and my beliefs. I no longer break down in tears when confronted by other opinions, I express my own opinions; right, wrong or indifferent.

It has taken me more than five years to reach this point in my life. I have a wonderful psychiatrist who listens, a case manager who bugs me to do even better, a supportive family, the Clubhouse that helped me to find my voice and the Mental Health Transformation State Incentive Grant Ohana who taught me how to effectively use my voice.

Life is good in recovery!



Advocacy Works!

By: Susan King

Since being diagnosed with a severe and persistent mental illness, I have noticed a number of things. Many people (this includes many medical/psychiatric professionals as well) feel that we are no longer capable of thinking for ourselves or that we are incapable of making informed decisions or that we cannot recover from mental illness. **HOGWASH!**

While it is true, we will at times need the help of those around us to explain terms we are unfamiliar with or to explain the ramifications that signing documents may bring; it is my personal opinion that here at Clubhouse we have been given the tools that are required to make informed decisions and ask pertinent questions. Of course, as with any illness, there are exceptions, but these should be treated as exceptions and not the general rule. When we are proactive in our treatment plan, we tend to be quite competent and in my case; **LOUD!**

When insurance issues became a problem for some of our Clubhouse members ability to attend Clubhouse, all of our Clubhouse members became upset. Clubhouse has become a second home to all of us and we didn't feel that it was appropriate to tell part of our family that because of insurance issues, you were no longer welcome at home. Our voices **DO** count and we will continue to Advocate... no member left behind!



Healing

By: Thea McClendon

Healing starts from within. It takes courage, tenacity, willingness to look into things that you'd rather stay buried in the recesses of your mind. It takes single sight.

I am healing. I am seeing a therapist and, together, we are opening wounds in hopes that the festering in my soul will stop.

So far we have come to a place where the baring of the soul is giving me nightmares. These nightmares, that I don't even remember, leave me crossways in the bed and tangled up in the sheets. I sleep in a King sized bed, but find that I am not confined there on my side of things. I kick, I scream, I fight and I remember none of it. It is all part of the healing process.

I have PTSD. Usually this is a safe time of year for me. My healing, though, has just begun. I am in a safe relationship. My son, who lives with me, is a wealth of support. My other son, well, lets just say he is far away. My daughter, though far away, keeps in touch. She is also a wealth of support.

When this is over, I hope that I have a new outlook on life. I pray that the fear is gone. I wish to suffer no further.

Hale o Lanakila is a safe place for me to come and forget, for a while. I have friends that are in the same boat I am in. I feel that I have oars to paddle over the sea of loss, regret, shame and fear there.

I am healing. Hale o Lanakila helps me heal.

Clubhouse Features

What Our Clubhouse Is Doing to Help Save Our Planet

By Heather Willmann

The thing that the clubhouse is doing to help save our planet is recycling their cans and bottles. That is a lot of cans and bottles. It is only once a month that we recycle them or that we go to the redemption center to redeem them. The cans and bottles come from the members after they have finished with them. Another thing that the clubhouse does is reuse the paper that the clubhouse uses in clerical and the other units. For example the Mixed Plate Daily becomes pads for people to use. The Mixed Plate Daily scraps are also used for decorations. For another example the Mixed Plate Daily was used to make garlands to use as Christmas decorations. Paper scraps from the Mixed Plate Daily was also crafted into ornaments. Very, very beautiful ornaments. We also reuse the cardboard that we have. The cardboard becomes the backing of the pads that we make. The clubhouse also uses the leftover papers except for the cardboard as scratch paper. That is what the clubhouse is doing to help save our planet. Thanks for taking the time to read this article.

The Cold, Hard Winter I Wasn't a Part of

By Garry Simpson

The other day I was watching the evening news and saw the snow and cold weather. I saw people sliding on the ice and I remember the days I did that. I just about got cold and then I remembered I lived in Hawaii and we don't get that snow.

No more sliding down the hill or doing 360's on the interstate. No more shoveling the snow or putting ice melt. No more watching my dog dancing on the cold snow.

Do I miss this time of year NO!!!!!!!!!!

Clubhouse Cooks

Cream of Vegetable Soup

By: Judy Haramoto

Ingredients:

- 3 large potatoes
- 1 cup corn, frozen or canned
- 2 cups of broccoli, stems and florets
- 2 cans cream of mushroom soup
- 2 cans broth; beef, chicken or vegetable.

Directions:

Peel and cut potatoes into medium size squares. Place in soup pot with broth. After potatoes are half cooked, add corn, broccoli and cream of mushroom soup to the pot. Serve with saltines and Caesar salad on the side.

Food in the Kitchen

Perrisa Kilmer

All food in the kitchen is stored under refrigeration. Every week I work in the kitchen doing tasks. Not only prepping the food but also working on the grill, folding kitchen towels and counting the pastries.

Why do I like the kitchen? I like it because we go to the Food Bank and Costco to get fresh produce, eggs and meat, bread for toast, for our week's menu. I make breakfast on the grill and each entrée is twenty-five cents each. I make scrambled eggs, over easy eggs, pancakes spam and Portuguese sausage.

Working with everyone in the kitchen to clean produce like eggplant, cabbage and cutting them for the days lunch, I hope to improve my skills in the kitchen.

March Birthday

Happy Birthday to You! Happy Birthday to You!
Happy Birthday to . . .



Cheryl March 7

Greg March 24



Happy Birthday to You!

Clubhouse Cooks

Eating Healthy for Life

By: Patricia McGrath

Unfortunately, many of the medications we must take on a daily basis, lead to the development of type 2 Diabetes as well as heart disease. We can fight back by making healthy choices where food is concerned. Each month I will be offering up some tasty, heart healthy and diabetic friendly recipes for our readers to enjoy... and remember, you don't have to have heart disease or diabetes to enjoy these dishes!

Hot Shrimp with Cool Salsa

Submitted by Patricia McGrath

Ingredients:

- ¼ cup prepared salsa
- 4 tablespoons fresh lime juice, divided
- 1 teaspoon honey
- 1 clove garlic, minced
- 2-4 drops hot pepper sauce
- 1 pound large shrimp, peeled and deveined with tails intact.
- 1 cup finely diced honeydew melon
- ½ cup finely diced, unpeeled cucumber
- 2 tablespoons minced parsley
- 1 green onion, finely chopped
- 1½ teaspoons sugar
- 1 teaspoon olive oil
- ¼ teaspoon salt

1. Make your marinade by combining prepared salsa, 2 tablespoons lime juice, honey, garlic and hot pepper sauce in a small bowl. Thread shrimp onto skewers. Brush shrimp with marinade and set aside.
2. To make salsa, combine remaining 2 tablespoons lime juice, melon, cucumber, parsley, onion, sugar, oil and salt in a medium bowl; mix well.
3. Grill shrimp over medium coals 4-5 minutes or until shrimp is opaque, turning once. Serve with salsa.

Serves 4

Note: If you are unable to Barbecue where you live, use your George Foreman type of grill, without turning the shrimp or use your oven's broiler and turn shrimp once.

Nutrients per Serving:

Calories..... 132
 Total Fat..... 2 g
 Carb..... 8g
 Chol..... 175mg.
 Fiber..... 1g
 Cal. From Fat..... 15%
 Sat. Fat..... <1g
 Protein..... 19g

Dietary Exchanges

2 Lean Meat
 ½ Fruit



German Apple Pancakes

Submitted by Patricia McGrath

Ingredients:

- 1 tablespoon ground cinnamon
- 3 tablespoons sugar
- 3 tart apples
- 4 large eggs
- ½ cup 1% or 2% reduced fat milk
- 1 cup SPLENDA® No calorie granular sweetener
- ½ cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- 3 egg whites
- 4 tablespoons butter, divided

Preheat oven to 350°F.

Mix cinnamon and sugar together and set aside. Sift together flour, baking powder and baking soda; set aside.

Peel, core and slice apples.

Combine whole eggs, milk, and SPLENDA® in a food processor.

Whip egg whites in a separate bowl to soft peaks. Gently fold into egg mixture. Add flour mixture into batter and gently fold until well mixed.

Melt 1 tablespoon butter over medium heat in a medium ovenproof frying pan. Add apples and 1 teaspoon of cinnamon sugar mixture. Cook until apples begin to brown. Pour ¼ of the batter mixture over the apples and bake in oven 12-14 minutes or until firm.

Remove pancake by turning pan upside down onto plate. Serve immediately, garnished with fresh fruit and non-fat sour cream, if desired

Nutrients per Serving (serving size ½ pancake)

Calories..... 178
 Calories from Fat.....41%
 Total Fat..... 9g
 Saturated Fat..... 5g
 Cholesterol..... 122mg
 Sodium..... 366mg
 Carbohydrate..... 23g
 Fiber..... 2g
 Protein..... 6g

Exchanges per Serving:

½ Starch
 1½ Fat

This month's recipes were provided by:
 Diabetic Cooking May/June 2005

Menu- March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Portuguese Bean Soup Sweet Roll	2 Chicken Curry Rice Vegetables	3 BBQ Pot/Mac Salad Rice	4 Chef's Choice	5
6	7 Corned Beef w/Cabbage Rice	8 Pork Pinachbet Rice	9 <i>Chicken Katsu Rice Veggies</i>	10 Chef's Choice	11 FURLOUGH FRIDAY	12
13	14 Taco Salad	15 Ravioli Garlic Roll Salad	16 Dry Mein w/Veggies	17 Chef's Choice	18 FURLOUGH FRIDAY	19
20	21 Spinach Wraps Veggies	22 Hot Turkey w/Gravy over Mashed Potatoes	23 Baked Cabbage & Kielbasa Rice	24 Chef's Choice	25 HOLIDAY Prince Kuhio Day	26
27	28 Pork Fried Rice w/Vegetables	29 Baked Pork Chops Rice Veggies	30 Hamburger Steak Rice/Gravy Salad	31 Pasta Salad Garlic Roll		

Schedule - March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10AM & 1PM Wellness 10:30AM-Computer 2PM-Employment Mtg.	2 10AM & 1PM Wellness 10:30AM-Computer	3 10AM Wellness 10:30AM-Computer 2PM-House Meeting	4 10AM & 1PM Wellness 10:30 AM- Computer 2PM- Club ED	5
6	7 10AM & 1PM Wellness 1PM-Lunch Meeting 2PM-Newsletter Mtg.	8 10AM & 1PM Wellness 10:30AM-Computer 2PM-Employment Mtg.	9 10AM & 1PM Wellness 10:30AM-Computer	10 10AM Wellness 10:30AM-Computer 2PM-House Meeting	11 FURLOUGH FRIDAY	12
13	14 10AM & 1PM Wellness 1PM-Lunch Meeting 2PM-Newsletter Mtg.	15 10AM & 1PM Wellness 10:30AM-Computer 2PM-Employment Mtg.	16 10AM & 1PM Wellness 10:30AM-Computer	17 10AM Wellness 10:30AM-Computer 2PM-House Meeting	18 FURLOUGH FRIDAY	19
20	21 10AM & 1PM Wellness 1PM-Lunch Meeting 2PM-Newsletter Mtg.	22 10AM & 1PM Wellness 10:30AM-Computer 2PM-Employment Mtg.	23 10AM & 1PM Wellness 10:30AM-Computer	24 10AM Wellness 10:30AM-Computer 2PM-House Meeting	25 HOLIDAY Prince Kuhio Day	26
27	28 10AM & 1PM Wellness 1PM-Lunch Meeting 2PM-Safety Mtg.	29 10AM & 1PM Wellness 10:30AM-Computer 2PM-Employment Mtg.	30 10AM & 1PM Wellness 10:30AM-Computer	31 10AM Wellness 10:30AM-Computer 2PM-House Meeting		

**Special Thanks to the
Mixed Plate Maui Newsletter Team**

Susan King
Judy Haramoto
Thea Mc Clendon
Patricia McGrath

Joyce Garcia
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Heather Willmann
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