



Casas de Vida Nueva

Casas de Vida Nueva
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NewLife Homes Inc.
New Mexico Behavioral Health Institute
New Mexico Master Gardeners
NMSU Cooperative Extension Service
UNM Psychiatric Center
Valencia Counseling Service

MISSION STATEMENT: To assist persons with mental health needs.

VISION: The vision is to provide programs in a sustainable therapeutic farm community where the persons assisted will live, and have opportunities to work and share in a safe, caring, culturally responsive, and sustainable environment with the ultimate goal of living independently.

President's Ponderings



The Casas de Vida Nueva Board is moving forward in many ways to materialize a long time dream to fulfill a great need in New Mexico...providing a transitional therapeutic farm community for adults with mental health needs.

Conversations are being held with architects for updating building plans and costs, UNM Community & Regional Planning program for energy conservation plans and costs, Valencia County for a grant to become a rain-water harvesting demonstration site, experts in the area of commercial kitchens vs. community kitchens and comparative costs As well as NM Health Facility Licensing to begin the application process, community

and other experts who can supply us with essential information in order to complete our Business Plan, and, of course, conversations with those who are willing to invest their funds, either public or private, in this endeavor.

...We like to hear of your interest in this, whether you are a consumer and/or a family member, a mental health provider or an agency providing services.

Every good and effective conversation needs to be two-way!

Marilyn

! OPEN HOUSE AT GOLDEN PEAR THRIFT BOUTIQUE !

Sunday, September 22, 2013

2:00– 5:00 PM 1331 Juan Tabo NE, Suite M-1

Come browse around the store.... See the collectibles.

Refreshments will be served. Proceeds from the sale of Golden Pear treasures to benefit Casas de Vida Nueva.

On Schizophrenia

I wasn't sure just how to begin this article on Schizophrenia. My counselor suggested that I begin this with my memorable experience with this illness.....

I was living in a section of town known for its friendly neighbors and neighborhoods. One afternoon as I was leaving the house, I heard a lot of shouting. I saw a young man I knew walking away from the house next door. He walked across the street and proceeded to remove his shoes. He would stand up and throw his shoes, one at a time at the house next to mine. Then he'd retrieve them, put them back on, only to begin the same ritual again. I walked next door to talk to the young men residing there. They had all played in a band together. When I got to the front door, one of the guys said for me to come in and hurry. They stated that the young man in front had become violent and was breaking things. In actuality, he had tipped over a sculpture on the front porch, when they would did not answer their front door. When I questioned them, they stated they had kicked him out several weeks ago, when he began acting "weird". They told me that the young man had been diagnosed with schizophrenia and they were afraid of him. They had called the police. When I went back outside, the young man was walking away. A few minutes later, a policeman arrived and asked where the young man had gone. After I told him the general direction, the policeman stated that "*they get these all the time*". I guess, I have always felt compassion for this young man, having an illness he didn't understand, and then being kicked out of his home, and in some ways the worst, losing his friends and his way of life.

From the NAMI.org (National Alliance on Mental Illness) website: Schizophrenia is a serious mental illness that affects 2.4 million American adults over the age of 18. Although it affects men and women with equal frequency, schizophrenia most often appears in men in their late teens or early twenties, while it appears in women in their late twenties or early thirties. Finding the causes for schizophrenia proves to be difficult as the cause and course of the illness is unique for each person

Most individuals living with schizophrenia are not violent. Violent behavior is generally uncommon and the overall contribution of schizophrenia to violence in a community is small. When engaging in treatment, most schizophrenia is a manageable disease.

Individuals with schizophrenia have two or more of the following symptoms occurring persistently. However, delusions or hallucinations alone can often be enough to lead to a diagnosis of schizophrenia.

Positive symptoms are also known as "psychotic" symptoms because the person has lost touch with reality in certain ways.

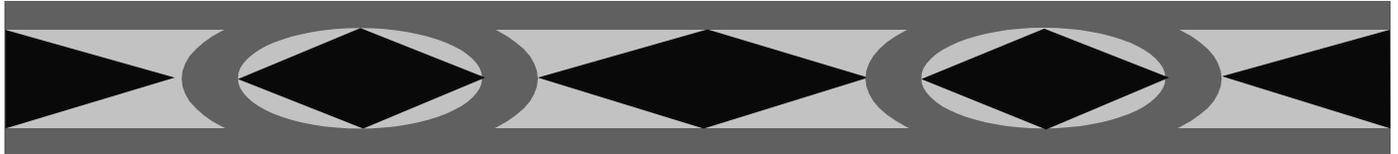
- Delusions or the belief in things not real or true.
- Hallucinations are hearing or seeing things that are not real.
- Disorganized speech expressed as an inability to generate a logical sequence of ideas.
- Negative symptoms refer to a reduction of a capacity, such as motivation.
- Emotional flatness or lack of expressiveness.
- Inability to start and follow through with activities.
- Lack of pleasure or interest in life.
- Cognitive symptoms pertain to thinking processes.
- Trouble with prioritizing tasks, memory and organizing thoughts.

- Anosognosia or “lack of insight” being unaware of having an illness. (1)

Schizophrenia can afflict anyone: our families, our friends, our communities. A passage from the book, I Still Believe by Desiree Woodland about her beloved son Ryan, seems to describe it best.

Acceptance can only come when we realize a stage in our lives has ended. If we stubbornly cling to what we once had, we will lose the impact and meaning that surely awaits us. We risk limping through our days, never at peace, never fully present for those who remain. How is it possible to arrive at this place called acceptance? Acceptance is bitter and can only be digested bit by bit, hour by hour, day by day, as we reflect on what we believe. We don't allow the busy-ness of life to crowd out the import of what has happened. Life is different now. We are different now.

By Suzanne Miller, CVN Board member



News from the Golden Pear

The Golden Pear is rapidly approaching its first year in business. I want to thank all our volunteers and donors for helping to make this endeavor successful. We are grateful for your assistance, whether large or small. We have donors from Albuquerque, Belen and as far away as Farmington. Some donations include antiques and collectibles. A special thanks to Morningside Antiques and Christian Dimery for expert advice. We have a broad range of merchandise. Look on Craig's List for pictures of items for sale. Tuesdays and Wednesdays, we have a five dollar per bag clothing special. This includes shoes as well as clothing.

Below is a partial list of outstanding items for sale:

Glass peacock – 15” tall
 Eight piece tea set – Sealy of Japan
 Blue and white – ginger jar lamp
 English ironstone – Kensington Staffordshire
 Milk glass dresser set
 Original watercolor – Western wagon scene
 Oneida silver plate – Four Crowns Caprice
 Original oil – lighthouse with sand dunes
 Italian decorator plate -15” square
 Bluebird vase – A.J. Rudisill
 Mission church, Laguna Pueblo 1881 – George Ben Wittick, #113 of 150
 Four geese Oil
 Padded headboard – curtain, duster, bedspread pillows and shams, all handcrafted

We have a need for volunteers to work in our processing room. That would include cleaning, pricing, and at times doing some minor repairs. If this appeals to you, please give Margery a call at 505.681.0774. Your help would be greatly appreciated.

Remember we are located on Juan Tabo, between Indian School and Constitution on the west side of the street. SAS Shoes is at the north end. We are in the middle next to 3-D Kutz. Stuffy's is on the south end and Teriyaki Chicken is at the north end.



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Help us Reduce our Costs and Go Green!

The CVN Board wants to spend CVN funds wisely and our newsletter printing and postage costs are significant. We would like to reduce the cost by emailing as much as possible. If you would like your copy emailed to you or you have changed your email address, please email Charlotte Back at cwback28@gmail.com. Thank you!

WE ARE LOOKING FOR REGULAR MONTHLY DONORS- WILL YOU CONSIDER BEING ONE OF OURS?
CVN IS A NONPROFIT 501 (C) 3. ALL YOUR GIFTS ARE TAX DEDUCTIBLE.

Date _____
Name _____
Address _____
Phone # _____
Monthly donation amount _____

Please fill out this slip and enclose with your check made payable to Casas de Vida Nueva. CVN, PO Box 14345 Albuquerque, NM 87191