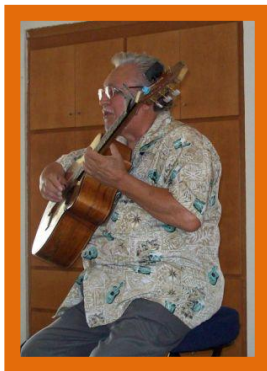


HERITAGE CLINIC'S Peer Counselor's News

Volume 2 Issue 2 May 2011

Peer counseling is a labor of love! It's through the love in each person's life over the years, through thick 'n' thin and everything they've experienced that has brought them here to be a Peer Counselor of Heritage Clinic!
Linda C. Somers, Peer Counselor and Editor

One of our Peer Counselors is leaving the program...



Mani Alvarez, is leaving the program...We will miss him very much!!!

Mani was born on the back of a 1929 Pontiac in 1939. He has lived in San Diego most of his life. He became one of our Peer Counselors in 2008. He brought with him an extensive life experience in music with ties to the international bolero trio Los Panchos of 1950. One unique characteristic of this trio is the use of a Requinto, a smaller higher pitched guitar. Mani not only learned guitar at a small age but he specialized in

Requinto playing. Among his most prized possessions is a Requinto given to him by the same group Los Panchos of 1950. Mani has surrounded his life with music he has been playing professionally for 66 years and graciously brought this gift to our program. He utilized it to help clients feel less sad and to our program by playing in our bi-yearly celebrations. Mani we want to thank you for all your dedication, commitment and support to our program. You were always serving your clients with compassion, care and professionalism. You shared with them your life experience and your gifted music ability. We are richer for knowing you and experiencing first hand your warmth, compassion and your music talent. We will miss your sunny presence and we will miss that lively guitar. Thank you Mani for the brief time you stayed with us and good luck in all your future endeavors.




DELIGHTFUL MEALS MISSION GORGE



What a beautiful name for a meal! Can you see all the food on the long table? Delicious!!!!!!
This picture was taken by our very own Mitchell, a handsome, young clinician who works here at Heritage Clinic in the Mission Gorge area, and who really cares about his clients.

Thursday each week is a day I look forward to because I get to meet clients of the Clinic with



a variety of interesting issues about life. Talking to them in person is life changing and talking to them over the telephone is much more exciting. I gain some wisdom and learn something in sharing and exchanging ideas and issues with them.

I know it in my heart that this is the place where God wants me to be. Even before I volunteered for a Peer Counseling job at Heritage Clinic, God had prepared me before hand for the task. I attended a Peer Counseling Seminar at the Summercrest Recreation Center, conducted by Velia Gitari, the very charming, intelligent, loving head of the Peer Counselors. I am so glad she came into my life and I consider this a blessing from God.

The meals we share for lunch are really delightful, more so because sometimes you have no idea what is going to be served each week. Surprisingly the clients themselves volunteer to bring the food. Delightful... delightful indeed!

The Clinic has a lot of activities lined up for the clients who want to have fun. It includes learning how to dance the Swing and the Fox Trot.

Want to spend your time wisely and meet new friends, then come to these activities every Friday or contact Doris 619-282-2232 ext. 240 to sign up.

If you are a client of the Clinic, let's have lunch together every Thursday, Friday's are for those who are interested to learn a skill and not be afraid to learn a new skill. Challenge yourself and see what happens. See you at the Center!
Linda Umali, Mission Gorge Peer Counselor.

From the desk of the Peer Coordinator

The months of January through March 2011 have been three months of exciting transitions for our Peer Program. As the services of Peer Counselors are slowly been channeled to help our own open clients,

we are discovering and maximizing the wonderful talents of the Senior Peer Counselors.

In our Mission Gorge office, through the vision of one of our clinicians, Mitchell Clark, peers are involved contacting clients over the phone. Peers contact clients for a WARM line type of interaction. These phone calls are brief and usually are like a wellness check on each client. Peers report enjoying the interaction with clients and find that active listening has proven very useful to hear what the clients have to say. Some of the feedback has been positive since some clients feel acknowledged by the contact of a peer and other clients have enjoyed a phone call from the clinic to ask about their day or how they are getting along.

Another exciting development has been Delightful Meals. Peers are helping set-up for a congregate meal on Thursdays and later stay to interact with clients as they come for lunch. Peers' interaction with clients has been very fluid. They welcome each client with warmth and sincere interest. Some clients have expressed delight at feeling welcomed. Others have expressed the value of getting out of their homes to meet with others at the clinic.

Thank you Mitchell Clark for helping us transition so smoothly into these activities. Your vision and your help for the peers at Mission Gorge have been invaluable. .

In our Escondido office, peers are blending in with the work with our clients. Some peers are helping clinicians visiting clients in their place of residence, providing socialization, information about community resources as well as emotional support.

Delightful Meals has evolved into a place where clients and peers share about community resources, listen to client's updates on their pets, health, and life in general. It is also a place where recovery and wellness concepts and skills are practiced, where information about County Mental Health is given as well as information about community events and local conferences.

Additionally all peers are active representing our clinic in various activities during the month. Either by doing outreach, attending community health fairs and/or conferences or doing valuable projects in our clinic. Below you will find a list of dates and the activity completed by them in the past three months. .

January

- Jan 21, 2011. Singing-up with our Escondido team for the Homeless Count.

February, 2011

- Feb 3 – helping set-up at the Art Show at Mission Gorge.
- Feb 4 –making a presence at the Art Show at Mission Gorge.
- Feb 9- attending the EQRO Focus Group at DMH headquarters
- Feb 16 - helping jump start MG Delightful Meals
- Feb 23 –attending Conference and setting up a community fair booth at NAMI Conference



Velia and Linda at NAMI Booth

- February 28 – a long day of helping two Escondido clients.

March, 2011

- March 1, 2011 sorting and arranging donated clothing in our Escondido Office.
- March 4, 2011 personally donating clothing to one ICM client
- March 10, 2011 helping jump start the WARM Line at MG
- March 16, 2011- Attending and helping with community fair booth at Juniper Apartments Open House
- March 19, 2011 participating at the Community Alliance for Healthy Minds Conference in Poway.
- March 22, 2011 –participating in RICA's conference and community fair.
- March 29, 2011 – sorting and arranging donated clothing in our Escondido Office.

Thank you peers for the tireless work you do for our clinic! Velia Gitari, MA



Obituary... Escondido

Microwave Dies...June 1, 2007 – April 8, 2011

Microwave came to our Escondido office when it was first opened in June of 2007. It came as part of the necessary items needed to equip our office, well packaged among the dinnerware, silverware and other items for our kitchen.

As the hustling and bustling of the office wore on, Microwave became an essential item in the kitchen. It was used daily to warm soups, coffee, food, dinner plates and at the highlight of its career to warm the Delightful Meals food.

Microwave seemed to love its work. No words of complaint were uttered as it worked tirelessly and without taking vacation time. Its job was "too important to miss work" it used to muster with enough strength and clarity in order for other kitchen utensils to hear its resolve.

As the years rolled in, Convection Oven entered into the kitchen life. After the orientation and probation period ended for Oven, they were seen working hand in hand sharing equal duties in the kitchen. It evident that they were friends, they've arranged working areas near each other allowing them maximum efficiency in their heating tasks.

Microwave's passing was quite sudden, its heart stopped beating despite the heroic CPR efforts of the staff. The kitchen utensils: Oven, Dinnerware, Silverware, the Small Toaster, the Coffee Pot, the many paper utensils and the Refrigerator will miss it dearly. As an office, we have set up grief sessions to the all kitchen tools. Oven is trying to overcome Microwave's loss and until a new coworker arrives, it will be working double shifts trying to compensate the loss of our beloved Microwave. Velia Gitari, MA

Some words from the staff:

"Our cherished microwave will be missed. It warmed many a meal and snacks for our groups. You stood at attention just waiting to be of assistance like a good soldier on watch. Thank you for your work our faithful shiny friend". Laura W.

"Microwave, you will be bitterly missed. You heated my food; you warmed up my tea.... you came through for me in dire starving times. Thank you. You will be missed". Velia

*"The microwave is nice, hold onto the plate from the dearly departed Emerson Microwave it fits in the G*E and it's always good to have an extra one handy. "RIP"... I will miss cleaning you". Suzy {the cleaning gal}*

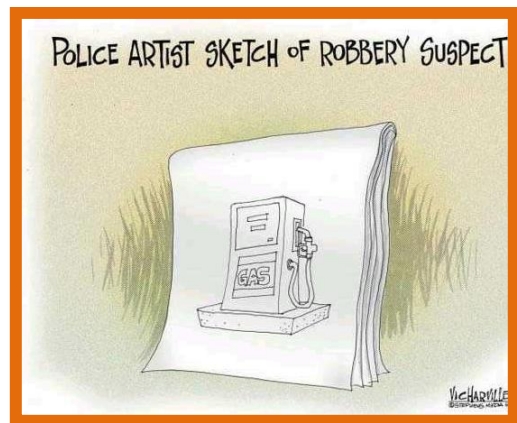
"To the land of the free, and the home of the brave travels our dear microwave". Leslie

"You will be missed! If only I could have saved you that Friday morning☺". Bridget.

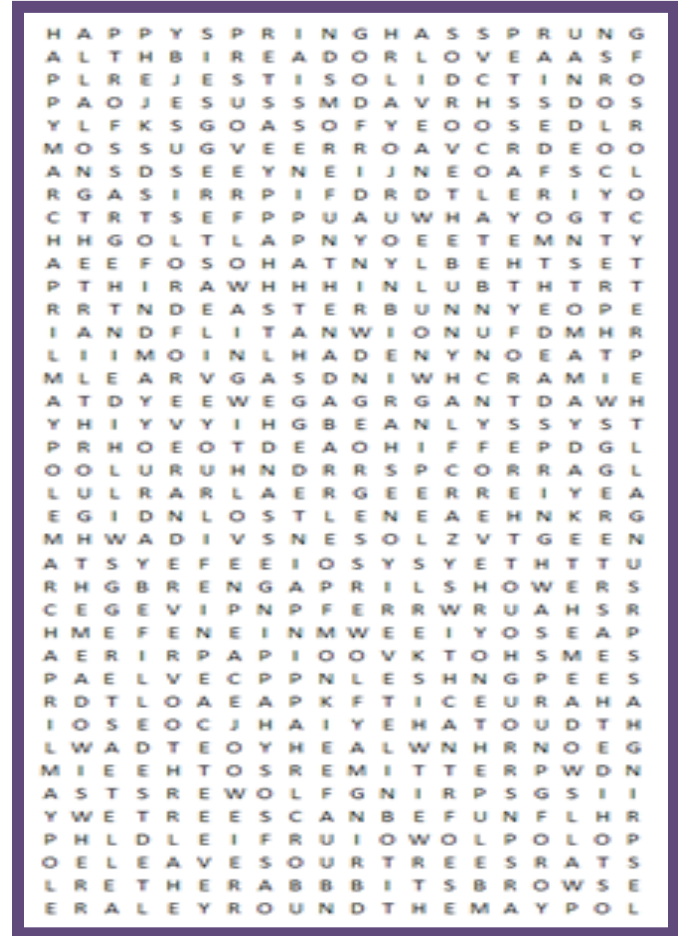
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Heritage Clinic's Senior Peer Counselors are trained, older-adult volunteers of Heritage Clinic offering emotional support, guidance, and compassion to fellow seniors in our clinic. Initial training is offered in one, 3- to 4-hour session each week for 12 weeks. Ongoing training occurs in weekly supervision and monthly seminars on topics relevant to peer counseling and aging. Senior Peer Counselors commit to volunteering for 10 hours each week over one year. We require satisfactory results of a TB test, a background check, a reliable car, satisfactory driving record and auto insurance. Heritage Clinic provides a small stipend and mileage reimbursement. To volunteer for our program please contact Velia Gitari, MA Peer Counseling Coordinator at 760-737-8642 ext 261 or email vgitari@heritageclinic.org

A LITTLE GASOLINE HUMOR.....



Happy March, April & May...Find the Words



Happy Easter!!!
Please find these words...

- ALIVE AND WELL
- BRING APRIL SHOWERS
- BRING MAY FLOWERS
- EASTER BUNNY
- EASTER EGGS
- GOOD FRIDAY
- HAPPY EASTER
- HAPPY MARCH, APRIL MAY
- HAPPY SPRING HAS SPRUNG
- JESUS
- LOVE
- MARCH WINDS
- MAY DAY
- MAY POLE
- PAINTED EGGS
- RAISED FROM THE DEAD
- SPRING FLOWERS

AN EXTRA CHALLENGE...SEE IF YOU CAN FIND ANY WORDS NOT LISTED!!!