

November 2016

Our Programs: The Peer Center, Peer Support Program at Riverview Psychiatric Center and Peer Support in the Emergency Department at Maine Medical Center

Amistad is a non-profit corporation that started in 1982 which provides progressive and consumer directed services based on a belief in the potential of individuals with serious life challenges to live full, rich and productive lives. Visit us at www.amistadinc.com



Peer Support & Recovery Center – 66 State St, Portland, ME
773-1956

Brian's Place

Dear Friends,

Somehow it has gotten to be November, and the very beginning of the holiday season. For a lot of us this season is something very different than what we see reflected on television and on Christmas cards. For various personal reasons this can just be a flat out tough time of year. It is helpful that our calendar has us launch into all of it with Thanksgiving... a day where the most important thing for us to do, whether we celebrate it alone, with others, or not at all, is to be intentionally thankful for what we have.

In that spirit, I have a very simple message for all of my new Amistad family:

Thank you, thank you, thank you!

I am grateful that I get to be a part of this amazing community.

I am grateful that Amistad exists, and that the people who come here every day...members and staff alike...take such good care of the place in every sense of the word. We show our love for each other and for ourselves both by making sure the floors are clean (big extra thanks to Jeffrey Small on that note!) and by making sure that the most vulnerable among us are safe.

I am grateful that we have a real community, where real relationships and meaningful moments happen. Beyond the walls of our Peer Center the thing that used to be called "community" is looking more and more like scattered individuals, separate and unconnected except by words sent from screen to screen across the long, quite space between them.

At Amistad, we come together as a real community every day. It is sometimes messy, sometimes loud...but it is

always real, and I am incredibly thankful for that.

I am thankful that you chose me to be here with you. There is no place in the world I would rather be.

And I am thankful for all of you. We are all in this together, and I am grateful for everything that each one of you is doing to make Amistad the place it is meant to be.

Brian



What's In Your Recovery Basket?

Join us for an evening of mental health recovery stories and tools on November 3rd, 2016 from 5:00pm to 8:00pm

at the Dana Center Auditorium at Maine Medical Center. This is sponsored by the Depressive Bipolar Support Alliance (DBSA) Portland, ME chapter See You There!

The first Thanksgiving was held on September 29th, 1621. It took place at Plymouth Plantation in what is now Massachusetts. The celebration lasted three days.

The pilgrims landed at Plymouth in the Mayflower on December 21, 1620. They had sailed from Europe to avoid religious persecution.

The first winter was cold and stormy. The pilgrims were not prepared for the harsh realities of New England winter. The women and children stayed on the Mayflower: the men build shelters and long houses.

Because of freezing temperatures, little food, no medicine, and poor quality housing, only 53 people remained in the spring; only four women remained.

Interaction between the Indians and the settlers had not been good. However, an Indian slave who had lived in England, helped the Wampanoag tribe and the Pilgrims sign a treaty for peace and cooperation. Chief Massasoit instructed his tribe to teach the colonist how to plant crops, hunt game, and how to cook many foods unknown to Englishmen at this time.

What we not consider a three day celebration is a long way from the three day celebration in 1621. For one thing, these people were extremely religious. Their faith ruled their lives in the government as

well as daily living.

The three day celebration was a harvest feast of prayers and praise for what was now a bountiful and organized settlement.

There were 53 colonist and 90 Indians at this feast. The four remaining women, Eleanor Billington, Elizabeth Hopkins, Mary Brewster, and Susanna White cooked the meal along with their young daughters and male and female servants.

Although turkey was on the menu, deer and geese were the main meat feature. Many kinds of seafood, oysters, eels, and clams were served. Vegetables such as corn carrots and squash, and fruits such as blackberries, and blueberries added to the meal. Lamb, moose, ham succotash, black walnuts, beach plums, and jonny cakes were also featured. The colonist had much to be grateful for. There had been droughts, floods, scurvy, and an epidemic of small pox. But thanks to the cooperation with the Indians, they had survived.

Nigel Berry

Tips and Trips from Theresa

I am back from Spain! It was a great family trip with my two daughters. We visited Madrid, Toledo, Seville, and Barcelona. I'd have to say that Seville was our favorite place! The food was fabulous no matter where we were. I had duck, ox tail, bull meat stew, paella, many different types of seafood and tons of bread and ham (jamon)! We travelled by express train, underground subway, bus, taxi and on foot. We met wonderful people and saw

some amazing sights. And, I enjoyed the waters of the Mediterranean Sea! I definitely could have spent more time there.

This months' "Mystery Trip with Theresa" was all about "Haunted Happenings"! We visited haunted buildings and cemeteries from Portland to Windham. One of the most memorable stops was the Hunnewell Cemetery and Homestead in Windham just past the Westbrook line. According to legend, the house is inhabited by ghosts who can be seen peering out the windows from behind curtains and shutters.

Occasionally you can see the vision of a young woman dressed in 1920's clothes, sitting on the rock wall in front of the property. In the cemetery there is a strange "Frame Grave" of glass surrounding wood and brick where Zerubbabel Hunnewell is buried. Finally we headed back to Portland where the McClennan-Sweat House and Asa Clapp house stand side-by-side on Spring Street, haunted by spirits.

We went on a fabulous trip apple picking and baked pies for the Bake Sale!. The Portland Players 2016-2017 Season opened with "Bonnie and Clyde" on September 22nd! According to those aficionados who went, it was well written and well-acted. We are looking forward to the next play: "The Little Mermaid" in December.

I'm really excited about all of the ideas you have! Keep them coming! Dream Well! **

For those of you going on the DBSA Trip, the van leave at 4:15pm

Theresa



From a “Mystery Trip”

Rider: On a crisp day in October, Theresa took the kids from Amistad on a fun-filled adventure. We started out by driving to Eastern Cemetery. It is the oldest major cemetery in Portland. It was established in 1668. It has more than 4,000 graves. Mary Green head and foot stone marks the oldest known burial plot. It is dated May 23, 1717. The cemetery was active until the 1860s. It is approximately 5.3 acres of land in size. The present iron and granite fence along Congress St. was erected in 1916. The granite receiving tomb to the right of the entrance was built in 1849, and the retaining walls along Mount Fort and Federal streets date to 1852.

Notable Burials include:

James Alden Jr., (1810-1877)

He was a soldier in the Civil War and Mexican-American war;

George Bradbury: (1770-1823)

He was a U.S. Congressman
LT. William Ward Burrows II, (1785-1813) He served in the U.S. War of 1812, Commander of the U.S. Enterprise. He was killed in the line of duty during the capture of HMS Boxer on Sept. 5, 1813;

Charles Codman, (1800-1842)

He was an American
Landscape and a Marine
Painter.

You can schedule a tour with Spirits Alive friends of the Eastern Cemetery.

We then drove to The Evergreen Cemetery located on Stevens Ave in Portland. It is a garden style cemetery in the Deering neighborhood. It has 239 acres of land, and is the largest cemetery in the entire state. It was established in 1855 in what was then called Westbrook. It is the home to the most impressive collection of funerary art. The 140 acre historical portion of the cemetery was listed on the National Registry of Historic places in 1992.

Wilde Memorial Chapel is a Gothic-style chapel. It was built as a mortuary chapel by Falmouth native Mary Ellen Lunt Wilde in 1890. It was designed by Portland Architect Federick A. Tompson. The granite building is used for both memorial and wedding services with a maximum capacity of 105.

Notable Burials include:

John Appleton, Congressman, and Assistant Secretary of State.

Carroll Lunwood Beedy, Congressman

Nathan Clifford, U.S. Attorney General and Associate Justice on the U.S. Supreme Court.

Hunnewell Cemetery Windham, Maine, is located on a busy road on a long driveway that is marked with a “No Trespassing” sign high up on a tree. As we drove up the skinny, dirt, path there was a man driving a tractor who wasn’t even fazed in the least to see a van full of people slowly creeping up the driveway. We were all looking at the haunted house where

Phil, our tour guide, was filling us in on all of the strange and odd details of the happenings of that house: Stuff that normal people wouldn’t have noticed such as shudders that had moved on their own. On our way out of the driveway we noticed a small graveyard that had interesting markers. Then there is a monument that stands alone behind the old Anderson house, beyond the cemetery. This farm was settled by Abraham Anderson, 1738 is written on the back side. Abraham Anderson and Lucy Smith married on April 13, 1788 and died in 1844. This monument was erected to their memory from their son John.

There are 22 graves in this small yard that is being well maintained by the historical society. The most interesting marker is that of Zerubbabel Hunnewell. It is unique as it has a glass front, brick backing and wooden sides. It no longer holds the exact dates of his birth or death, research has provided some of the dates. It is known that he was born in 1714, he served in the Revolutionary war, and that he had married Hannah Haskell in Falmouth in 1754. It went on to add that they had a daughter. The rest they say is history. The next few places are all local to Amistad. The first place we went to was the time and temperature building located at 474 Congress Street. It is allegedly haunted by a female ghost who has a preference to riding the elevator. She likes to send people on joy rides to all different floors. Some workers have claimed that they have

seen her walking through the offices at night, and when they follow her she disappears.

The next two places are actually haunted by the same ghosts: an equal opportunity spirit. They go from Charles Q Clapp house to the McLellan-Sweat Mansion. Both places are located on Spring Street in Portland. The story starts out that Captain Asa Clapp is said to haunt both places. His Spirit has been seen and other odd things have occurred such as cold spots, footsteps, and an eerie presence has been experienced. There has also been a female entity that haunts the Clapp property. She is stated as not being a happy camper. Perhaps she is a member of either the Clapp family or the Stevens family. She is very unhappy, perhaps experiencing feelings of grief of the loss of a family member or some other tragedy that she hasn't gotten over. There is no therapy in the after life?

If this spirit is the Widow of Captain Asa, she is probably upset that her house isn't as nice as it once was when it was first built? She is described as wearing a long flowing gown, her cries of grief were often heard by Art School Students in the Charles Q. Clapp house.

As for the McLellan-Sweat House, it is not known for sure who the female spirit is. It could be Mrs. McLellan, Mrs. Wingate, Mrs. Julia Clapp or Mrs. Jane Sweat. Some people think this spirit could be a jealous neighbor who always wanted to live at the Clapp house. Or it could be fretting about the changes done inside of the home, such as removal of the Gothic ceiling, and the

Oak overlay of the fireplace, or the removal of the Greek revival style marble fireplace? We never know what sets them off.

The male spirit commonly known as Captain Asa Clapp has been seen patrolling his home, possibly as a protector, perhaps keeping an eye on the people who visit and work at his house, making sure nothing gets broken.

The trip came to a solemn end when we all staggered back into reality and back to our lives, having learned a valuable lesson: have therapy in the living so you can get over it in the end and not to have unresolved issues that we need roam the earth from here to eternity...

-Mystery Trip Rider

The Editor

Hey everyone! We are officially heading into the Holiday Season! Yay! I am excited to experience this for the first time with kids. I know their only concern at this point is when their next feeding or diaper change is, but my husband and I are excited none the less. With the holiday season comes craft fairs so we will be going to a few this November. They include the Gorham House Craft Fair, the state street stroll, The Elks Club Craft fair, and the Scarborough School Craft Fair. Other things going on this month include a trip to the Animal Refuge League, Goodwill by the Pound, the Dollar Tree, and Free Movie Tuesday at The Flagship Cinema in Falmouth. As we

head into the winter seasons, we will try to have socks and hats to keep people warm if they are camping out in the woods. Some of us have no idea what it is like to be in your situation so we will do our best to ensure that you have items you need to stay safe and warm, or at least point you in the right direction. If you looking for employment, I have seen numerous places in the community that are hiring for the season. A lot of stores in the mall are hiring and are having hiring events. I am available every Saturday so if you need help filling out applications or looking to see who is hiring, come see me and we can figure things out together. If you're nervous about interviews or need help with you resume we can figure that out too! Keep those articles coming? We love putting member's articles in the newsletter. Also, if you have idea for the newsletter or calendar, let us know. This is for you and we want to know what everyone would enjoy!

Ryane

AMISTAD ELECTION NEWS!!! Congratulations to the new Amistad Board of Directors: Tammy Moran, Nancy Urquhart, David Fitzpatrick, Willfred Frost, Patty Field, Carl McKenney, Timothy Potter, Raymond Bailey, Heather Cote and Nigel Berry. New Officers are: President – Nancy Urquhart; Vice President –

David Fitzpatrick; and Secretary – Sue Sanders. Meetings are open to the public the third Friday of each month from 3-5pm. The Board of Directors is in charge of reviewing the finances of the Peer Center. The new Agency Board Executives are Nancy, David, and Patty Field.

Fundraising Committee

We are having a fundraising meeting on November 16th at 2pm. If you want to be part of the fundraising committee, come join us and bring your great ideas!

NEW OPPORTUNITY: FREE COUNSELING AT AMISTAD

Welcome Hannah! Hannah is a Masters' Candidate offering counseling every Tuesday and Friday during regular club operating hours of 9:00am-5:00pm.

Every Wednesday from 11:30am-2:30pm Interns from Alternative Wellness

will be available for counseling.

There is a confidential sign-up sheet in the office with blocks of available time for anyone interested in counseling sessions. Please see a staff member.

Meetings in the “Recovery Room”

“Wellness Through Art” with Patrick Colton will take place on Saturdays from 3-4:30pm. Pastels will be provided. All are welcome!

THANK YOU PATRICK!

SMART Recovery® is an abstinence-based, self-empowering, sensible self-help program for people having problems with any type of addictive behavior. It includes many ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. It meets Fridays at 3:00pm

THANK YOU GWYNNE!

NEW MEETING GETTING RAVE REVIEWS:

“ALTERNATIVES” with Mindy every Thursday from 1-3pm.

CHANGE IN DATE AND TIME: “MINDFUL ADJUSTMENTS” has been moved from Thursdays to Mondays at 1pm.



Just as a painter needs light in order to put the finishing touches to his picture, so I need an inner light, which I feel I never have enough of in the autumn.
~Leo Tolstoy, to Nikolay Strakhov

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Hours: M-Sat 9:00 a.m. – 5:00
p.m.

