



Friend to Friend Newsletter

HAPPY SPRING! We bring you our second Friend to Friend quarterly newsletter in this season of revitalization and fresh starts. Please take some time to enjoy this



F2F member Henry D.

DOWNTOWN SAFE HAVEN TEAM PLACES SECOND IN RECOVERY GAMES

In March, our very own Downtown Safe Haven basketball team participated in the 2010 Recovery Games basketball tournament. The Recovery Games are sponsored by the City of San Diego Park and Recreation Department Therapeutic Recreation Services to promote personal growth, self-esteem, independence and confidence for individuals recovering from drug and alcohol addiction. For more information on Therapeutic Recreation Services, please call (619) 525-8247. The DTSH team consisted of Henry D. and Antonio B., who played hard and won a second place trophy. In the photo to the left, Henry is posing with the impressive trophy in the DTSH courtyard. Congratulations to Henry, Antonio, and Downtown Safe Haven!

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A MEMBER'S WORDS

Hello, my name is David and I'd like to share a story with you. At one point in time in my life I was a heavy drug user. I did all types of things to get the drug of my choice. I lived in the streets of New York to California. Today I can say I've been clean and sober since 1998. The reason why I don't need drugs in my life is because being clean makes me happy. Don't get me wrong, there have been times that I wanted to pick up, but going back to prison for a long time has helped me stay clean. I don't feel that I am better than anyone; the message that I want to send is that if I can do it, so can you. Have a nice day.





SPOTLIGHT ON SUCCESS: JAMES B.

F2F member James B. contacted F2F to share his good news and success. James offers these words:

“Believe in yourself for every staff member believes in you. I was a resident at Downtown Safe Haven for 8 months, and though no longer a San Diego resident, I will never forget the help and support I was given by the staff at F2F and Downtown Safe Haven. I am clean and sober and doing well, and on February 14th, 2010, I got remarried to my wife—OK, yes, on Valentines Day (all together now: “awwwwww.”) Today, I stay active and volunteer at a clubhouse where I live, and also I teach reading for adults at the library. Great things can happen if you believe!!!”



James and his wife at their re-wedding

LIFE by F2F Member Travis G.

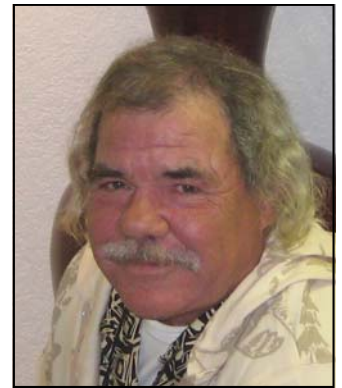
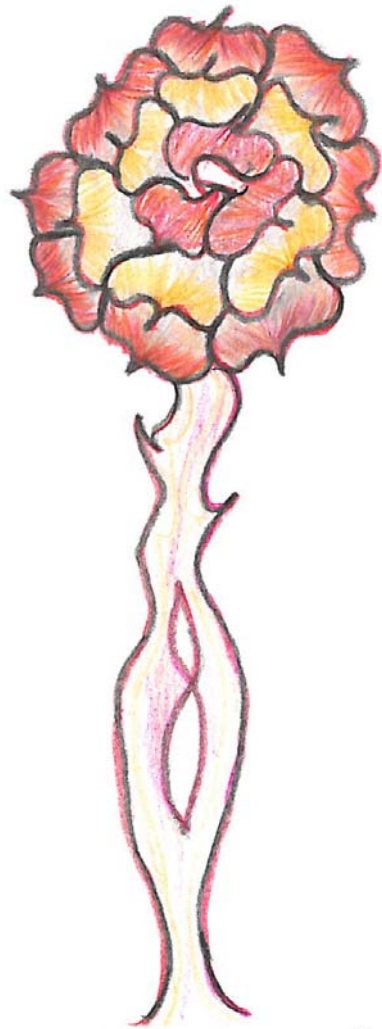
Some people use prison as a place to be found or make a name for themselves so that they feel better about themselves. Some people think prison is a good place while others think it's a bad place. A lot of people in society think that all the prisoners leaving prison are bad people. Well that's where they are wrong...we are not all bad people. Prison life is not what you want to experience. It isn't like you see on television or movies. You actually got to experience it for yourself in order to really understand it.



If F2F was not here I would probably not be typing this up for you to read. I'd be locked up and probably doing a life sentence. F2F is very helpful to me in a lot of ways. They have writing, art, and offer RICA classes [Recovery Innovations California]. Being here at F2F has helped me in my recovery and learning how to better my life. F2F has programs here that help all individuals that want to help themselves. They have staff to help you with your

SSI paperwork as well as help you with job placement as well as looking for jobs. The WRAP [Wellness Recovery Action Plan] class they offer is a good class to get into because it helps you with your empowerment in life and living. The WRAP class I think is helping me out a lot in learning a lot about myself. So if you ever want to better yourself and are reading this, ask a F2F staff member and I'm quite sure they will help you.





Drawing by F2F member David S.

*From the falling of
the rain to the blooming
of the rose to the hearts
that glitter for that the
the Love is unknown*

F2F Members:

**Come expand your mind and express your creativity at
our twice-monthly Creative Writing and Arts Workshop,
hosted by the Creative Arts Consortium!**

Every other Friday at 1:00 p.m.

Friend to Friend Staff Are Available to Help You!

Sarah - Program Manager

Linda, Cynthia, and Daniel - Outreach Workers

Doug - Peer Specialist

Cassandra - SSI Advocate

Ken - Vocational Rehabilitation Specialist

Catherine - Vocational Coach

Adrienne - Program Operations Assistant

Precious - Residential Services Case Manager at Downtown Safe Haven



TWO SONG LYRICS by F2F Member Ronnie M.

Edict for Peace

Perhaps your mind will do its part -
 And be an ally to your heart -
 Perhaps your ears shall help you see -
 And know its not to late for ye -
 If your heart should change your mind
 Follow it now, and leave hate behind.



Wilds of Wonder

As I walked through the wilds of wonder -
 I thought of a bridge I'd been under -
 Night was falling, so was the rain -
 The concrete was hard - real was the pain
 Of desperation and confusion -
 Then I came to this conclusion -
 Running is really a matter of distance -
 I had to stand and show resistance -
 I searched the highways many o' years -
 For the wilds of wonder between my ears.

ATTENTION MEMBERS: take an active role in your health and recovery by attending Recovery Innovations classes, held every Monday from 10 a.m. to 12 p.m. in our computer room. Classes cover Wellness Recovery Action Plan (WRAP), Wellness Empowerment in Life and Living (WELL), and Medication for Success. Lunch is served!

ADD COLOR TO YOUR PLATE!

When you eat a variety of colorful fruits and vegetables, you get the benefits of nutrients and vitamins that help you maintain a healthy weight and reduce your risk for health conditions such as heart disease and cancer. Here are a few favorite colorful foods:

- **RAVISHING REDS**

Tomatoes, red bell pepper, watermelon, or pink grapefruit are some of the foods that get their color from lycopene. This antioxidant helps lessen the effect of free radicals, which are molecules or atoms that can damage cells and genes. Lycopene may also decrease your risk of disease and, for men, prostate cancer.

- **GLOWING GREENS**

Leafy greens such as spinach, collard greens, and broccoli contain vitamin C, beta-carotene, folic acid, and many other phytochemicals. They work together to help reduce your risk for cancer and heart disease.

- **OUTRAGEOUS ORANGES**

Apricots, peaches, sweet potatoes, and carrots are some of the foods that contain cryptoxanthin, an antioxidant that acts like an anti-inflammatory agent and may lower the risk of arthritis. Orange (and yellow) foods also contain beta-carotene, which may help keep your mind sharp.

- **BERRY BLENDS**

Dark purple and blue fruits and vegetables—such as blackberries, blueberries, purple cabbage, and eggplant—contain anthocyanin, a powerful antioxidant that helps to prevent tumor growth and protect against vascular disease.

- **BROWN BEANIES**

Lentils and beans contain both soluble and insoluble fiber. Soluble fiber works to lower your cholesterol. Insoluble fiber helps to decrease constipation and weight gain.



Think color to get a healthy variety of fruits and vegetables in your diet!

Adapted from Kaiser Permanente's Partners in Health, Spring 2010

BEERS AND TEARS

'TILL' I DIE by F2F Member Rolando P.

YOU'LL COUNT THE DREAMS
 THAT I'VE REMEMBERED
 LO' TWENTY YEARS GONE BY
 THEY SAY THE HEART CAN'T BREAK FOREVER
 BUT WILL SO 'TIL I DIE

BEYOND THE STARS
 LIE ALL THE ANSWERS
 WHILE THE MANY TEARS RUN DRY
 YOU LEFT ME HERE TO ASK THE QUESTIONS
 I WILL SO TILL I DIE

YOU'LL TAKE THE SUN
 LEAVE IT RIGHT BEHIND YOU
 THE SIMPLE WAY
 WE FIRST BEGUN
 THE FAITH YOU GAVE
 WHEN YOU LET IT BLIND YOU
 TO STEAL THE WIND
 FROM ALL WE'VE DONE

THE MOON LIT PAIN
 LET IT FALL UPON YOU
 AND RIDE THE WAVE
 OF HURT TO COME
 WHEN SANDS OF TIME
 COME TO ALWAYS DROWN YOU
 AND IN THEIR WAKE
 THEY'LL LEAVE YOU NUMB

BE STILL THE DAYS
 THAT I WOULD HOLD YOU
 AND NEVER SEE YOU CRY
 BECAUSE I SAID I'D ALWAYS LOVE YOU

AND WILL SO 'TIL I DIE
 BECAUSE I SAID I'LL ALWAYS LOVE YOU
 AND WILL SO
 WHEN I DIE



Rolando P. was hospitalized two years ago after someone fractured his cranium. He was read his last rites and spent two months in the trauma unit. He has since recovered and strives to become a productive member of society again, through the written word, be it song, story, semi-biographical novel, music, movie, or all of the above.

An excerpt from *Captain's Log*

a sci-fi work-in-progress by F2F member James Hi.

The Bonneville salt flats go for miles without end, without ruffles or ridges, just flat. In the vastness of the ancient salt lake bed is a motorcycle. Not a bike built for speed, nor with all the things and labels that make a bike expensive, and eye catching, but built for comfortable long distance travel for the man who knows what is needed for the purpose and does not have the money to make a statement of testicular finances.

John is a common name; John Smith, John Hancock, John Wayne, and even John Quincy Adams come to mind. None of these is a scientist, but John Hicliiff is. It has taken him six years, four colleges, and two changes in major for him to get his direction and obtain his Bachelor of Science in Physics. Now, he lies asleep, in a cheap sleeping bag with a sheet of mylar over him, and a circle of cans and snack wrappers around him, and a guitar at his side. As the caps of the mountains to the west catch the first sunlight, the sky starts to turn light blue, and John starts to stir and groan...



He wakes, and looks around. It takes a moment for him to realize where he is. Feeling the hardness of the ground through the sleeping bag, he attempts to sit up, falls back; after a few seconds he unzips the bag and sits up. It only takes a few seconds for the bite of the cold breeze to affect him, so as he stands up, he grabs the sheet of mylar and wraps it around himself, silver side toward him. He stands in awe at the sheer beauty of the transition of the colors of the mountains from deep crimson at their base, to shades of yellow and orange, to bright white snow caps on their peaks. He looks back to the east to see that the horizon is deep red in anticipation of the sunrise that has already occurred on the mountains to the west. He looked around at the mess he had left on the ground. He walked over to his guitar, picked it up and looked at it for a moment. It has several pictures of galaxies, planets, moons and nebulae pasted on it with a layer of some cheap lacquer sprayed on it. It's been like that since he bought it in high school. It took five issues of an astronomy magazine and about a week and a half to make it like that. He put it in its case and strapped it to the sissy bar on his bike. He rolled up his sleeping bag with the mylar folded up in it, and strapped it on behind his guitar. He opened his right saddle bag, stomped all the cans flat, and stuffed all the garbage in it and strapped it shut. From his left saddle bag, he pulled out gloves and a quilted jump suit. He put it all on, started the bike, strapped on his helmet, and sped off to the east, to the Great Salt Lake and Salt Lake City beyond...

The Friend to Friend Program

of Episcopal Community Services

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To learn more about ECS, please visit our website at www.ecscalifornia.org

Friend to Friend Welcome Statement:

Friend to Friend (F2F) welcomes all homeless, mentally ill adults of downtown San Diego who are seeking recovery through the services we provide. We are committed to providing our members with the support, resources and referrals our members request. Although our focus is working with those who are faced with mental illness, we recognize and welcome those who also struggle with alcohol and drug addiction. In order for our members to achieve the best quality of life in all areas, we strive to address all of their needs and goals. We hold the hope for our members even when they have lost hope for themselves. We believe that recovery is possible. "Once a member, always a member." No matter where our members are in their journey, we are there to support and open doors for them. The life of each person is precious and we welcome the opportunity to change and grow alongside our members. We thank you for giving Friend to Friend the opportunity to "walk with



IN MEMORY OF DOWNTOWN SAFE HAVEN RESIDENT HAL F.

We suffered a sad and painful loss this year, when Downtown Safe Haven resident Hal died on March 4, 2010. Hal had recently been making progress—he had moved into DTSH from the streets, and was

looking happier and healthier. Hal's roommate Ivory said "In my time knowing him, he was a determined person and he had a strong will and a strong faith in God. Regardless of the problems

he had, he was always a very respectable person, and I will cherish knowing him and hold his memory with me always. May he rest in peace."

Joel, another DTSH resident that spent time with Hal, said "No matter what his circumstances, he never gave up on himself or anything or anyone else. The man was in so much pain on a daily basis, and he still got up in the morning and did what he needed to do."

We will miss Hal.

