

Things that make me happy

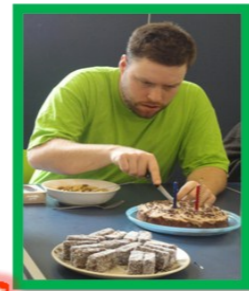
A clear blue sky *By Trish*
a cool sea breeze
the sound of laughter
a friendly smile
an engaging conversation
reminiscing cherished memories
music to nourish my spirit and soul
prayers answered
and silent wishes heard
and many more things that make me happy
too many to put in just a few words.



Flowers from the garden



Delicacies from the cooking program



Coming Events:

Mid Year Get Together Friday 1st July at 5.30 pm. Come hear our music group and enjoy an international food night. You are welcome to bring your best international dish.



Fintry relies on fundraising, philanthropic trust and donations to support its program. Your generosity is welcome.

Clifton Hill/
North Fitzroy
**Community
Bank® Branch**

 **Bendigo
Bank**

Fintry Community Inc.

Creating a caring community that empowers participants through a sense of mutual respect and well-being.

Quarterly Newsletter

Edition 12
Autumn 2011

Welcome to this Autumn edition 2011.

Positive Thinking

Today's reflection is on positive thinking. In the context of mental health this can be challenging. It is sometimes very difficult to think positively. Yet, if an effort is not made to try to think positive life situation can deteriorate. It is therefore important for recovery to make the effort to think positive despite all odds.



Suzanne is focused and has set goals to achieve higher learning education through the Australian Catholic University. She participated in the "Catalyst Clemente" program, a prerequisite course into the Bachelor of Arts. We congratulate her as she graduated to the level of applying for a Bachelor. Susan and many other residents do think alike when they are engaged in volunteering, training, employment and other activities to keep a positive mind. It is not just as easy for Suzanne and others. Challenges are encountered.

This leads us to reflect that our life does not always develop according to plan. Accidents happen. Delays occur. Illnesses affect us. However, without greater hope we can hardly overcome challenges. One has to constantly make an effort to consciously choose a positive attitude, otherwise one can risk a permanent negative state of mind which can be detrimental to a healthy life.



Suzanne receiving her certificate

Positive thinking is not blind positivity either. Despite the difficulty of life one has to be affirmed that there is nothing wrong with having a 'whinge'. But if 'whingeing' is the only thing to do, then it doesn't leave much time to improve one's situation. Acceptance of one's illness or life circumstance brings a positive outcomes. It is better to keep a sense of hope than none.

However, positive thinking is not successful in all situations. One needs to know that it all depends where the person is at. Behaviour blog "Psychology Today" warns that the culture of positive thinking can create undue stress by making us think that every negative situation must be turned into a positive situation. The idea can provide more danger than realism. (<http://www.lifehacker.com.au/2010/04/positive-thinking-creates>

-unnecessary-stress).

Leading US author and researcher Barbara Ehrenreich added that the power of positive thinking is misleading. can lead to a state of denial about the often devastating reality of cancer. The study concludes that hope and optimism do not always influence survival but that they increase hope and optimism which then affects quality of life." (<http://news.ninems.com.au/national/993506/power-of-positive-thinking-debunked>)

Evidently, it is false to smile when you are not well, or pretending to be happy when you are not therefore creating unnecessary stress. Positive thinking does not want people to deny their pain or misfortune. It is rather a philosophy of life where some attitudes are taken or adopted leading to better outcomes.

There are strong arguments to use positive thinking with greater understanding. According to Anna Cairo, choosing a positive attitude is a process. It doesn't mean that one's life will transform into a smooth way of life. Anna Cairo argues that one will still experience setbacks, delays, frustrations and fear. The secret, says Anne, is how one chooses to react to these experiences and not to let them ruin one's day.

Anna Cairo states that we all have the power to choose. She claims that the process of positive thinking is a state of mind change, where one is constantly active in the process. When one has a negative experience one can choose to see the positive side. For example if one has recently lost one's job one can choose to see it as a new beginning (Coaching Inspiration5" Issue 49 March 2007 <http://www.annacairo.com/articles/Positive%20Thinking%20is%20a%20Choice.pdf>)



Thinking positive: Denise at the cooking program --- Barb and Selena enjoying their music at CAP

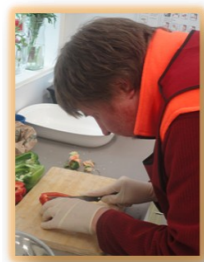
Anna Cairo observes our thought is very powerful.

"If one thinks you can do something one can. If one thinks one can't one won't." The change of one's thoughts is active and dynamic by purposely feeding one's mind with more positive material. A positive attitude therefore goes a long way to changing one's life. Even in the most horrible circumstances, there is positive if one chooses to see it. (Published in the Coaching E-zine (Coaching Inspirations" Issue 49 March 2007 <http://www.annacairo.com/articles/Positive%20Thinking%20is%20a%20Choice.pdf>)

Business psychology holds that actions do speak loudly. For example if one person says "I'm going to give this everything I've got. I can do it. I know I can. I am a success!"The thought patterns are going to affect his/her posture, communication, body language, voice quality, eye contact, and a host of other actions.

Positive words and affirmations silence the harshest critic.

They are the mental edge in business and in every area of life, including health and relationships. (<http://www.flyingsolo.com.au/live-smarter/business-psychology/how-positive-thoughts-cause-positive-actions>)



Learning together

According to the University of Melbourne Counseling's Blog:

"Positive thinking is a way to enhance one's self-esteem and confidence. It can move one in the direction of greater happiness, health and vitality and can improve the way you feel physically. On the other hand, negative thinking can adversely affect one's self-esteem, mental health and wellness. You can make a difference to your life by changing your thoughts. By changing one's thoughts from negative to positive ones, one will feel more motivated to pursue one's goals and dreams." (<http://blogs.unimelb.edu.au/ask-counseling/2011/02/18/positive-thinking/>)

The blog states there may be reasons for the experience of negatives thoughts and feeling sad. It could be a tragedy; one may be experiencing strong criticism, or one may be very critical of oneself. The blog says that it is encouraging if one has noticed the change and is willing to do something about it. Often when the negative thoughts are overwhelming seeking professional help in counseling, or talking to a friend, or a support worker can help. (<http://blogs.unimelb.edu.au/ask-counseling/2011/02/18/positive-thinking/>)

Positive thinking can therefore be helpful. The following eight actions are important to consider. They are based on the Flourishmagazine articles.

1. Take Passionate Action towards Your Dream. Commit whole heartedly to what you want for yourself. Set goals.
2. Commit and Believe that small steps are important. Determination must be one of the most formidable mindsets to create success.
3. Enjoy Life and Take in Each Moment. Always learn something about yourself, others, and the world, and learning is always a positive factor.
4. Feel and Express Gratitude. You have many blessings. Treasure everything you have, (often this means people) and ask yourself everyday – what do I have that I am grateful for? From the

clothes you wear, the roof over your head and the friends and other people around.

5. Take Responsibility. You have control of YOU. You will not decide on every event, however you decide on YOUR RESPONSE to those events. You can CHOOSE to feel resilient, happy, motivated, in control, positive.



6. Find Inspiration. Seek out positive inspirations from mentors, books, music or movies. Become a student of personal development. Refine your skills, ability and natural inclination to be a positive, optimistic, happy, strong, appreciative, resolute, passionate and inspired person.

7. Smile. Smile and the world smiles with you! Raise your body, walk with your head up, take a deep breath, present yourself well (even to go to the supermarket!), and smile to strangers.

8. Be Healthy. Eat well, exercise, hydrate, meditate, read, relax, rest, walk, and play. A healthy body is essential to holding a positive mind. Putting yourselves first is typically a challenge, but having a powerful body, mind and soul is just as vital to achieve success in all areas of your lives. (<http://www.flourishmagazine.com.au/articles/simple-ways-to-positive-thinking-.html>)

Adding to this list of actions is for the person to consider not dwelling on the past but looking forward to build the present and the future.

To be positive is leading a life where every page of our own life is an opportunity of learning. That is the reason why a support service to people with mental illness is provided in a constant learning environment. There is always a new situation which leads to new learning. Staff have developed themselves into becoming reflective practitioners. In our practice we try our best to convey a positive aspiration to the people we support. We do this in great humility and with the idea that we are here to learn from the people we are called to support.

Jean Pierre, Program Manager

THANKYOU CHRIS

A special note of thanks to Chris for her wonderful contribution to the Fintry Community over the past three years. Chris's extensive knowledge within the health care sector, dedication, heart for social justice, networking and infectious sense of humour, ensured Fintry residents, staff, and linked support agencies, were well serviced throughout this period. We wish Chris all the best in her next endeavour.

John Davies, Support Worker, on behalf of the Fintry team



Chris at St Patrick's day

RESIDENT'S CONTRIBUTIONS:

Is it a bird...Is it a Plane?... No it's a hot air balloon!

I sit here at Q's – local café,
Drinking a long black coffee
Rolling a smoke or two.



Flowers from the garden

I look up gazing at dark ominous clouds,

Then way above the trees

As if by magic ,suddenly, not just one

But three hot air balloons appear!

What an awesome sight!

How the gas is lit then bright yellow flames, The basket holding people seems tiny.

It is there for all to see. If they can be bothered to look up.

This is a pleasant start to a day. After a restless night

When not many hours of sleep were achieved.

By Maria Rameriz

CULTURAL EXTRAVAGANZA DAY

Residents at Fintry experienced three of Melbourne's cultural art settings during the month of May. Beginning with the Templestowe History Pavilion at Finn's Reserve, prints of early Templestowe from artists of the Heidelberg School of Art were on display. Next place of interest was the Memorial Tower in Kangaroo Grounds with its 360 degree views of Melbourne and with displays celebrating both the ANZAC tradition and the traditional landowners of the Yarra Valley – the Wurundjeri people. Our third cultural experience was at Mia Mia art Gallery in Westerfolds Parklands. Displays of indigenous art and crafts and the preserved 'scarred tree' were enjoyed by all.



Residents visited the Mia Mia Gallery

Melbourne's Best Kept Secret

Fintry Community's latest outing was to the Yarra Boulevard Bat Colony. Just five minutes drive from Royal Talbot Rehabilitation Centre, residents first viewed the thousands of flying foxes from the observation deck above the Yarra, followed by an enjoyable 900 metre return walk along the river. Here everyone was able to immerse themselves among the sounds, smells, and sights of the bats interspersed with educational plaques along the track. A barbeque was then enjoyed in the open spaces of Bellbird Picnic area – very relaxing and informative morning.



Congratulations

Our warmest congratulations to Barb and Bob on their Golden Wedding Anniversary. Such a wonderful achievement and may they continue to have health and happiness together with their family and friends. With all our best wishes from everyone at Fintry.



Congratulation to our volunteers for their recognition certificate from the City of Yarra Council.

Farewell

John Timmer, Manager Housing Choices Australia (HCA) wrote:

"A Greetings to all of you. Just a note to let you know that I have accepted a position with Bapcare as Housing Development Manager in their new venture to become more actively engaged in the provision of affordable housing. I have resigned from HCA, effective 17 June and will commence in the new position on 1 July. I have thoroughly enjoyed working with all of you over many years and hope that, in this new role, we will continue to cross paths."

Fintry Staff and Members of the Committee of Management were sad to hear John's departure from HCA. We wish him all the best. John has been a pioneer in the new redevelopment of Fintry. We are grateful for leading Fintry to gain current units' standards. We wish to thank him dearly for his vision, negotiation skills and support and wish him all the best for the future.

Emma and her able assistant, getting ready for the "where the hearts Festival."



T-shirts imprints: By Maria ,Sheiley and Jenny