

ACMHS Consumer Voice: Seeds of Hope



Spring 2014

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Portrait of a Consumer Artist in ACMHS

By Khoa Dang(Interviewer)



Huang Yi Ming

One day in beautiful May Khoa Dang(Facilitator of Consumer Advocacy Board or CAB) interviewed Huang Yi Ming who loves music and art. Yi Ming is a proud member of CAB. ACMHS would like to thank Huang Yi Ming for sharing his experience with us, and for his passion toward art.

• Seeds of Hope (S.O.H):
What makes you to become an artist?

• Yi Ming:
Art is a way to express myself.

• S.O.H.:
What kind of art do you create?

• Yi Ming:
I do drawings, sketches in black and white And also in color. I also make wood board carvings. I use a free style, which is a combination of Western and Eastern styles in my drawings.

• S.O.H.:
What is usually the theme of your art?

• Yi Ming:
It is about Love and Life.

• S.O.H.:
What is your favorite art piece?

• Yi Ming:
It is a drawing I titled "Pandora Box". It describes the world as I envision it.

• S.O.H.:
When did you start doing art?

• Yi Ming:
I wanted to do art at the age of 7. First I imitated the drawings from Anime books, then I started using my imagination, my inspiration to draw.

• S.O.H.:

Who is your favorite artist?

• Yi Ming:

Actually he is a professional writer who describes events in life, by the name of Neil Gaiman. One of his famous books is called "The Sandman" who is the King of Dreams. It is a graphic serial novel, or Western comic book. My other favorite artist is Picasso because his art pushes me to do abstract stuff.

• S.O.H.:

What are your aspirations?

• Yi Ming:

I want to become a game designer, then a movie director.

• S.O.H.:

I understand that you have your pictures taken for the CHOICES program's newsletter and have some of your art published in the newsletter also.

• Yi Ming:

Yes. And ACMHS will be exhibiting some of my drawings at the "Art is Healing" fundraising event in May.

• S.O.H.:

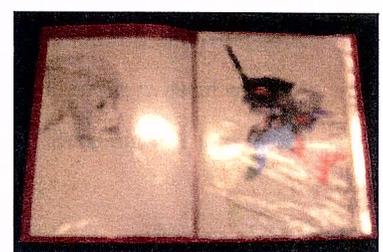
Congratulations!

• Yi Ming:

Thank you.

And thus ends the interview. I find him to be a very engaging, easy going, friendly, happy go lucky kind of guy. He has a good sense of humor and is not afraid to say what is on his mind. He also comes across as being creative and artistic.

Jimmy has a lot of his drawings and they give fresh motivations to us.



Peace of Mind

By Bunly Champroeunhorn



So eloquent and exquisite they would say that he who can maintain a peace of mind is happy indeed. I have the free will to think, to imagine, to hope, and to dream. All I have to do is

direct my sense of mind object to think and fantasize then my imagination will take me there.

I tended to think a lot of meaningless thoughts that disturbed my mind and gave me bad feelings.

So I thought of how peaceful, calm and clear my mind would be if I only knew how to stop thinking and keep my mind still and relaxed for a certain period of time. I tried to come up with a technique that I have developed after trial and error.

When I am getting worried, mad, sad, weak, and depressed, I would try using known by heart chanting verses, such as "SAMMA ARAHAM" (the One without Lust, Greed, Hatred, and Delusion) to calm my heart and mind. I would be mindful of my breath by synchronizing my in and out breaths with the word "BUDDHO", such as silently repeating "BUD" when breathing in and "DHO" when breathing out all day long.

The word "BUDDHO" which means the one who knows, the Awakened One, the Happy One, the Brilliant One, is used for my silent meditation in every count of breath. It is like making good deeds by being mindful in this present moment. This act of patience will lead me to live well, to stay well, to avoid trouble and be happy. (to be continued next page)



Consumer Artists at ACMHS

Young Spring Eternal

By Maria Torres



Forever is now Forever is tomorrow
Gradually we discover the meaning
Fresh and new the beginning and end
Together in a blooming gardenia
All who have a place in everyone's Love
Those there, homeland!

My Lifestyle

By Jianzhi Liang "Amy"

Being tough and strong for myself,
Flowers are blooming and opening up,
Butterflies are dancing around my environment,
Between connection and building relationship
with others,
Good friends are like stars,
I am more like the shiny one
who gives others direction
and clear their paths.
Warning:
" Do not mess with me" and
" I will not mess with you either"!



The Way of The Tao

By Yuet Mei Ma



Go together

I, Merissa Yuet Mei Ma, the humble follower of the Way of Tao, pray sincerely to those who perform marvelous deeds, to be smooth and amicable in the whole realms of their existing life cycles;

whereas the vicious negative deeds to be deprived from the ones who experience such deeds.

According to the divine universal law of the great Tao, all elements and non-elements of life revolve around the kingdom of God through the merits of their own deployments, in terms of their vividness, gorgeousness, fabulous-



There may be manifold thoughts that arise in my mind each day. But when they arise, I would try to be mindful and let it go

ness amidst the connected people and even still life elements surrounding them.



One essential and amicable, fabulous category of achieving the path of Tao is leniency. To describe briefly, it is to use and resolve issues and deeds gently and patiently as far as possible, and instead of develop-

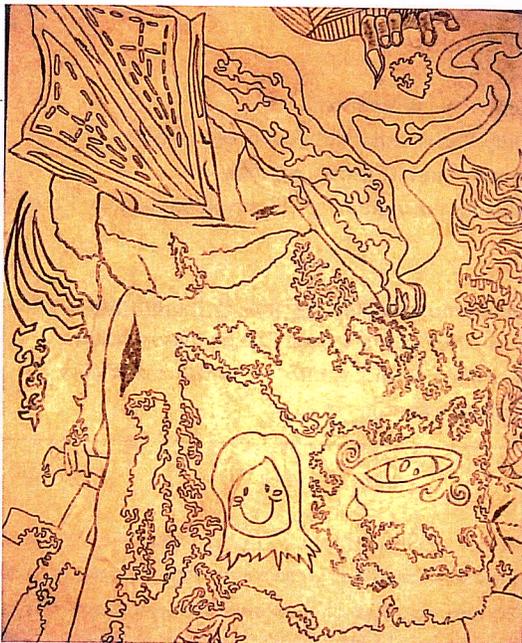
ing into the areas of extensive egotism, and negativities. My friends, let us explore the great Tao starting today, and change our behaviors from the very moment onward .

effortlessly. I hope that I can maintain a peaceful state of mind at all times so that I can live happily.



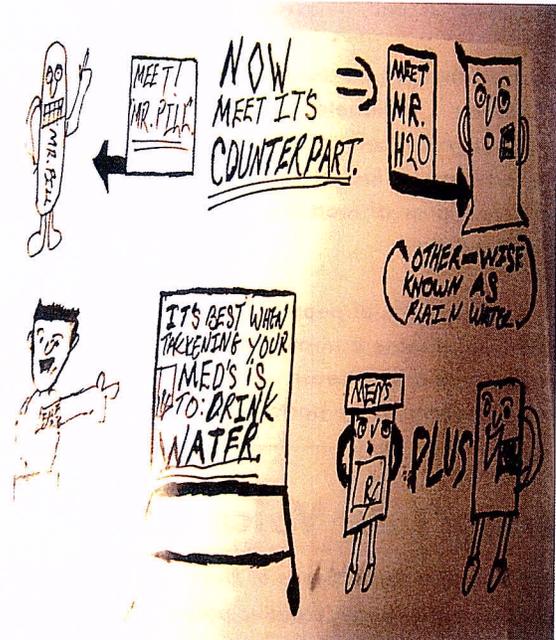
Pandora Box

By Jimmy Huang



Drink Water!!!

By Ronard Chan



High Blood Pressure (Part 1)

Source: WebMD

This high blood pressure article will be serialized in 2 parts. Part 1 will cover General Description, Blood Pressure Readings Causes and Risk Factors and also Part 2 will cover Symptoms, Diagnosis, and Treatments in the next newsletter.

1. General Description

High blood pressure, also known as hypertension, is the most common cardiovascular disease. It is a condition in which the pressure of the blood pumping through the arteries is abnormally high. This increases the risk of stroke, heart failure, heart attack and kidney damage. In the U.S., more than 30% of American adults, or 50 million, have this condition.

2. Blood Pressure Readings

The reading is consisted of two numbers: Systolic pressure indicates the contraction of the heart muscle. It is the pressure in the arteries when the heart beats and fills them with blood. It is the upper number of the reading. Diastolic pressure measures the blood pressure when the heart relaxes between beats. It is the lower number of the reading.

Readings	Condition
120/80	Ideal condition in healthy adult
140/90	High blood pressure
$\geq 180/110$	Hypertension urgency if no organ damage, Hypertension emergency if organ damage

3. Causes and Risk Factors

In 90% of reported high blood pressure cases in the U.S., the underlying cause cannot be determined. This type of high blood pressure is called essential hypertension or primary hypertension. It is linked to several risk factors:

(1) Factors that cannot be changed:

- Heredity: families with history of high blood pressure
- Gender: affects men more than women
- Race: African American
- Age: 75% of women and 66% of men aged 75 and older have high blood pressure. (Only about 25% of people between the ages of 20 and 74 have this condition)

(2) Factors that can be changed:

- Smoker
- Diabetes
- Deficiency in potassium, calcium and magnesium
- Under stress
- Obesity: defined as 30% or more over your healthy body weight (Healthy Body Mass Index between 18.5 to 23.6).
- Sedentary or lack of physical activity
- Chronic alcohol consumption or more than 2 drinks per day
- Consumption of foods high in saturated fats or salt. The goal is to consume no more than 1,500 mg of sodium (2/3 teaspoon of salt) per day.

In about 10% of people, high blood pressure is caused by another disease and is called secondary hypertension. When the underlying disease is treated, blood pressure usually returns to normal or is significantly lowered. These causes include:

- Chronic kidney disease
- Sleep apnea
- Tumors or other diseases of the adrenal gland
- Alcohol addiction
- A narrowing of the aorta that you are born with that can cause high blood pressure in the arms

Sharing Your Voice

ACMHS Consumer Voice: Seeds of Hope is a quarterly newsletter written by consumers for other consumers. The purpose is to share our recovery experiences, creative potential and information about wellness with one another. If you would like to share your personal story of recovery, artwork, poetry, or health tips with other consumers, please let your Case Manager know and they will connect you with the Consumer Advisory Board. Thank you so much!