



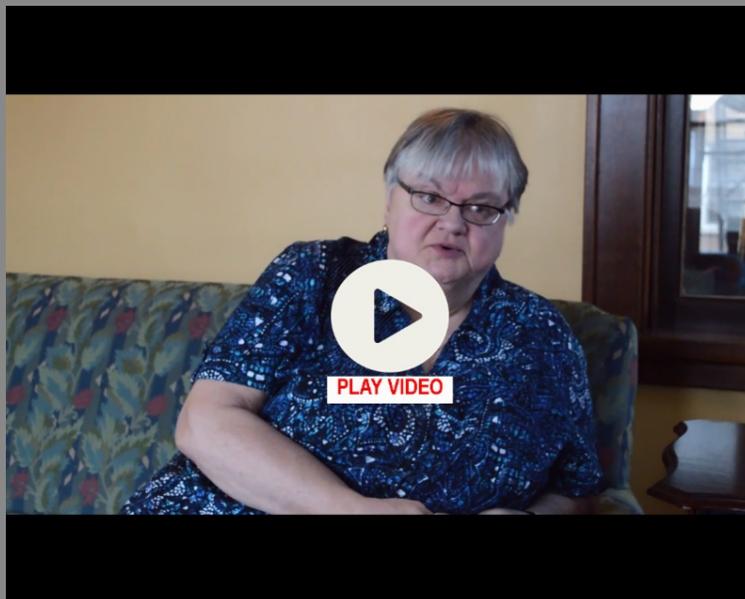
Cogswell Chronicle

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March 18, 2016

Our lead story



#EACHSTORY: "I began to see that my objection to living here was my objection to my diagnosis". *Video by Elise Bigley.*

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Christine looks back with pride on her career as an LPN. It was only after a fulfilling 20 years of practice that doctors discovered a major gap in the diagnosis of her illness: bipolar disorder. When she first interviewed for a room at Cogswell Hall, she told the staff, "My goal is to get out of here as quick as I can." Ten years later, she's grateful for the supportive home base in a neighborhood full of life and charm that reminds her of where she grew up as a child. Functioning (and at times dysfunctioning) as family is what Christine finds to be the most surprising and fundamental element of life at Cogswell Hall. The peace she feels among her new extended family reflects the peace she has come to with her illness. See the full interview with Christine and others on our YouTube channel here: [#EACHSTORY](#)



#EACHSTORY: Christine discovered family at Cogswell Hall. Photo by [DavidSchwartzPhoto.com](#)

Mental health and the Cleveland Police

Cogswell Hall's residents have a variety of disabling conditions. One of them is mental illness. So we're especially grateful to Cleveland's Mental Health Advisory Committee for inviting the community into the conversation described below. Click anywhere on the image below to take the Crisis Response Survey:

The Mental Health Response Advisory Committee seeks

Community Input on Crisis Situations & the Cleveland Police

The Mental Health Response Advisory Committee, a group of citizens, is working together with the Department of Justice, the City of Cleveland, and the Cleveland Police to help develop better policies and procedures to improve the way that Cleveland Police recognize and respond to crisis situations.

"Crisis situations" involve mental illness, addiction, substance abuse, developmental disability, or some other overwhelming personal crisis.

Help us by participating in and spreading the word about the following opportunities to provide input.

Public Survey

Online <small>(preferred)</small>	http://bit.ly/CLECrisisResponseSurvey	Deadline for Online & Hard Copy <u>Submissions</u> Wednesday, March 23
Hard Copy	Print, Complete, & Return surveys to: ADAMHS Board of Cuyahoga County c/o MHRAC Survey 2012 West 25th Street, 6th Floor Cleveland, OH 44113	

Community Input Sessions

Southeast Side	Northeast-Central	West Side
<u>Wednesday, March 16</u> 6:30 to 8:30 pm Community Assessment & Treatment Services (CATS) 8411 Broadway Avenue Cleveland, OH 44105	<u>Saturday, March 19</u> 10 am to 12 pm Jerry Sue Thornton Center at Tri-C (Formerly the VNA) 2500 East 22nd Street Cleveland, OH 44115	<u>Wednesday, March 23</u> 6:30 to 8:30 pm Stella Maris 1320 Washington Avenue Cleveland, OH 44113

Introducing the *Cogswell Chronicle*

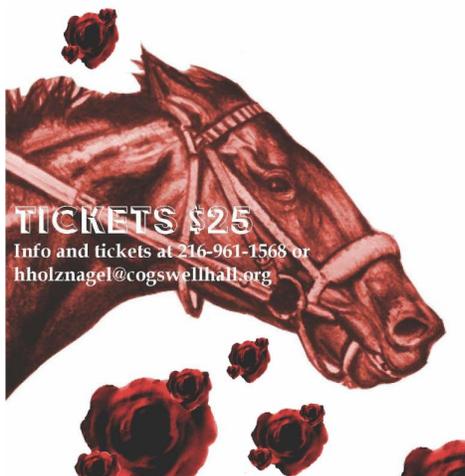
You voted and we listened! Not only does *Cogswell Chronicle* have a nice ring to it, but it looks great at the top of our e-newsletter! We had fun reviewing submissions and want to say THANKS to those of you who participated in the naming process! The *Cogswell Chronicle* logo was designed by Rachel Clingman. Also, congratulations and thanks to Emerging Ambassadors of Cogswell Hall (EACH): their brainstorming process generated the name. The annual printed edition of the newsletter, due to hit mailboxes by the end of March, will bear the same name. Keep an eye out and be sure to contact Katie if you would like to be put on our mailing list at 216-961-1568 or Kramunni@CogswellHall.org.



John captivated an audience of 41 Cogswell Hall residents, staff, and community members.
Photo by Elise Bigley.

On March 2, we had the pleasure of welcoming John G., a well-known comics artist and Gordon Square resident, to Cogswell Hall. Marking the beginning of Cogswell Hall's 2016 "Talks in the Hall" speaker series, John G. brought the Hall down. Using projected images, he and an audience of 41 discussed two of his autobiographical comics: one, recently published, about getting around Gordon Square in a wheelchair; the other, in progress, about a recurring dream. His strength and perseverance through adversity were memorable takeaways. Metaphor of the night: the secret is leaning into it. Our next Talks in the Hall (speakers TBA) are tentatively scheduled for June, October and December. Thanks to the Friends of Cogswell Hall for sponsoring this series.

Get your table together for May 7 event



Derby hat contest and mint juleps for everyone!

Last year Night at the Races SOLD OUT –that's 400 tickets– and we expect this year to be no different! Hurry and get your [event tickets here](#) for only \$25! How's your table game? Do your friends have what it takes to make the ultimate BYO paradise? From snacks to decorations and even your favorite bottle of bourbon, your group's table can be laid out any way you want! Or bring nothing at all: your admission ticket gets you food and beer all night.

Want to sponsor a race for \$50, name a horse for only \$20 or donate an auction item? Maybe even promote your business with a program ad? Contact Hans Holznagel at 216-961-1568 or hholznagel@cogswellhall.org. There are also partner and advertising opportunities- [take a look here!](#) We'd like to thank the following event sponsors who have stepped forward so far. Please consider adding

your company's name to the list!



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Welcome, new board members!

Since our January meeting we've been fortunate enough to welcome several new faces to our esteemed Board of Directors. Our six new additions include Kate Carden (Cleveland Housing Network), Tangja Finch (Constultant), Amy Bird (Forest City Enterprises), Melissa Ferguson (Winchester Terrace Nursing Home), Nicholas DiCioccio (Zipkin Whiting Co.), and Devan Doss-DuPree (Cleveland Clinic). Stay tuned for profiles on each of our board members and no doubt an exciting year to come.



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COMMUNITY
SHARES

Cogswell Chronicle

The monthly e-newsletter of Cogswell Hall

Hans Holznagel, Editor

Katie Ramunni, News Editor

Contributors this month: Elise Bigley, David Schwartz, Rachel Clingman

