

BREAKTHROUGH HOUSE, INC.



Greetings from Cheri

Green is the color for March. The grass turns green, the flowers are in bloom, and on St. Patrick's Day there are many green faces! It is a time to celebrate the changing of the seasons. We crawl out of our cocoons to emerge as beautiful butterflies shedding the shroud of winter. Consider taking a walk with your Compeer friend to discover all that life has to offer. Getting out, moving around, and doing activities helps to nourish the spirit and soul. If you do not have a Compeer friend we would be glad to help. There are many people who are in need of a helping hand. Be a friend, volunteer today. Contact me at 232-6807 x 305.

Greetings from Glen

As many of you know, I am retiring from Breakthrough House, Inc. My last day on the job will be March 5th. Right now, our Board of Directors is has initiated a search for my replacement and is involved in planning the transition from my leadership to that of the person they select to replace me. I am in the process of planning for a transition of my own—from my work at Breakthrough House, inc. to whatever it is that retirement has in store for me. Transitions are an inevitable part of life—e.g., from infancy to childhood; from childhood to adolescence; from adolescence to adulthood; from single life to marriage or other committed relationship; from working life to retirement; and so forth. Transition means change, and change may be easy; it may be difficult; it is always challenging—for all of us. Because of this, times of transition are times when it can be important to have the support of family and friends. Transitions can be particularly stressful for persons experiencing a mental illness, who often find just getting through the day all the challenge they can handle. For them, knowing that they have a friend to support them through a time of change can be especially important in helping to reduce the fear, anxiety, and sense of being alone that can accompany such a challenge. This is the kind of a situation where a Compeer friend can be especially helpful. To find out how you can be a Compeer friend to someone with a mental illness who wants and needs one, call 232-6807 and say, "I want to be a Compeer friend." We'll get you started.

-Glen Yancey

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Breakthrough House News!

Announcement

Breakthrough House, Inc. is announcing that Patricia Phillips is no longer with Breakthrough House, Inc. as Compeer Director. Ms. Phillips has been pursuing graduate studies and is looking forward to other professional opportunities.

Cheri Stortz, our Compeer Coordinator will continue her enthusiastic and professional operations of the program. If you need help or have questions regarding the Compeer Program, please contact Cheri at 785-232-6807 or by e-mail at cstortz@breakthroughhouse.org.

Breakthrough House, Inc. thanks you and your organization for being a part of our commitment to supporting mental health recovery and we look forward to continuing our long-term relationship.

Consumer Assistance

Volunteer Income Tax Assistance (VITA) is available at the Docking State Office Building, 915 SW Harrison, Room 158. Hours are Monday thru Friday 9:00am to 3:00pm, January 25 to April 15, 2010. Taxpayer should bring copies of last year's tax returns, photo ID, birthdates and social security cards for the taxpayer, spouse and any children in the household. Also the taxpayer should bring all W-2's from all employers and any 1098 and 1099 forms. No appointment is necessary. For more information call (785) 368-8222.

Residential Services

Breakthrough House is proud to announce that Steve M. won the 1st place for both entries he entered in the VA art contest. His entries were a clock and a poem. Congratulations Steve M!

Clubhouse

Clubhouse members anxiously awaited the arrival of the circus that invaded the city the last week of February.

Lions and tigers were roaring, trapeze artists were soaring, and lighted swords were flashing. Dobermans performed complicated tricks as well as elephants. How awesome it was to witness the discipline of the animals as they performed to their trainers' directions!

Motorcyclists sped around and around in an enclosed, circular case with fire sparkling from the wheels. The effect was dazzling and dizzying all at the same time.

The clowns involved the crowd in "the wave" that swept full circle. The east and west sides of the auditorium also competed in a lighted sword contest that would stand up against any light show!

The members enjoyed all this as well as the ever popular popcorn. For some, it was the first circus they had ever attended. I'm sure it won't be the last as much as this day was enjoyed!

SPRING TRAILS

We have received many emails and phone calls asking us where the nature trails are located in Topeka and Shawnee County. Please find a list below.

Topeka and Shawnee County Trails and Nature Areas:

Shunga Trail:

A concrete trail for bikes and pedestrians which begins at Crestview Park near 27th & Fairlawn to 10th & Branner.

Brookfield Park:

A pedestrian path located at 23rd & Kingsrow. (.3 miles)

Freedom Valley:

A concrete pedestrian path located at 14th & Locust. (.75 miles)

Landon Trail:

A gravel trail located at 17th & Sanneman Dr. (4.75 plus miles)

Warren Nature Area:

East of Felker Park on Gage between 21st & 29th behind the soccer fields. This is a good area to view birds and insects!

Dornwood Nature Trail:

A hiking trail located in the woods at 25th & Highland. (1 miles)

Soldier Creek Trail:

A concrete bicycle and pedestrian trail located at Garfield Park to NW Lyman Rd. (1.8 miles)

Lake Shawnee Trail:

A concrete bicycle and pedestrian trail located at Lake Shawnee. (7 miles)

Shawnee North Community Center Nature Trail:

Enter on 43rd St on the east side of Indian Creek Bridge. (2.5 miles)

Kansas History Museum Trail:

A nature trail located in the woods and prairie land. (2.5 miles)

Be looking at next month's newsletter for an updated list of Spring Community Centers

Youth Seeking Friendships...

A 12 year-old male, who is in need of a good male role-model. He has a kind heart, and is very friendly. He likes to play video games, watch movies, and has previously volunteered at the mission.

A 7 year-old male, who lives with his single mother. He is a good helper, very independent, and likes the outdoors. He enjoys sports, arts and crafts, and collecting different treasures.

A 16 year-old female, who is incredibly interested in designing clothing. She is friendly, respectful and would benefit greatly from a good friend. She likes dancing, sewing, and doing arts and crafts.

A 11 year-old female, who is one of five children. She has a very positive attitude, and is caring towards her siblings. She has multiple interests including playing the violin and rollerblading.

With your help we can give these children the supportive friendships, and role-models that they need. Please call me today to set up a meeting. 232-6807 x 305.

Skillbuilders

Date: Saturday, March 27th

Time: 1:30-3:30pm

Activity: Join the Compeer Program for an afternoon of fun at Hazel Hill Chocolates.

We are going on a tour of the facility, learning how they make their famous fudge, and will even have the opportunity to dip some pretzels in chocolate!

If you are interested in attending please contact Cheri at 232-6807 x 305 to RSVP.

Volunteer News

Just a reminder that monthly reports are due on the 5th of each month.

We wanted to thank all of our volunteers for everything that you do. There are many of you that go above and beyond what you need to, and we appreciate all of your hard work and dedication!

Volunteer Outing

Date: Saturday, March 27th
Time: 6:30 pm
Place: Tup Tim Thai Restaurant
Address: 2949 South Kansas Ave.

If you haven't had Thai food, this is the perfect day to try something new! Join fellow Compeer volunteers for good food, fellowship, and nice conversation. These outings help to promote group cohesiveness. We hope that everyone can make it! Please call Cheri to RSVP at 232-6807 x 305.

Birthday Celebrations!

Happy Birthday to:

Shawna B. 3-02
Michelle R. 3-06
Kate L. 3-29



We hope you have a great day!

Depression

Depression is not something that you can, "just snap out of". It's thought to be caused by an imbalance of chemicals, along with other factors.

Over 15 million Americans suffer from depressive illnesses, but there are effective treatments available. Like any serious medical condition, depression needs to be treated.

Some depressive episodes occur suddenly, for no apparent reason. Some are triggered by a stressful experience, and some people have only one episode while others have recurrent episodes. Sometimes symptoms are so severe people are unable to function, while others have ongoing, chronic symptoms that do stop them from functioning, but keep them from functioning really well.

Depression can make you feel hopeless or helpless. But, just taking the first step—deciding to get treatment,— can make all of the difference. Most people can be helped quickly. With available treatment, 80% of people with serious depression can improve significantly. There are effective medications and psychological treatments that are often used in combination.

Depressed people need to seek help! They need encouragement from family and friends to seek treatment that will help ease their pain. If you have questions, or would like to talk to someone about your depression please go to www.depression.com. We are willing to listen if you need help. Do not hesitate to give us a call at 232-6807.

**Breakthrough House
Compeer Program
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Compeer Contact Information

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www.breakthroughhouse.org/Compeer.html**

St. Patrick's Day Word Search

SAINT	MARCH
PATRICK	PARADE
IRISH	RAINBOW
BLARNEY	SHAMROCK
BLESSING	SHILLELAGH
BROGUE	WISH
EMERALD	MAGIC
GOLD	LUCK
GREEN	LIMERICK
IRELAND	
LEPRECHAUN	

C	W	B	L	E	P	R	E	C	H	A	U	N	K
Z	K	E	D	A	R	A	P	G	L	H	U	S	S
I	Y	E	N	R	A	L	B	K	G	N	M	A	S
B	Y	L	O	H	U	P	D	A	C	E	A	I	D
A	D	V	S	C	I	L	L	I	B	E	R	N	I
V	C	I	K	Y	A	E	G	X	L	R	C	T	Z
C	R	L	H	R	L	A	V	I	B	G	H	G	B
I	E	T	E	L	M	K	M	L	P	O	F	O	K
V	H	M	I	X	Z	E	E	R	E	N	U	L	C
E	E	H	U	D	R	S	S	H	S	I	W	D	O
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G	T	W	C	I	P	A	T	R	I	C	K	V	M
O	W	K	N	Q	I	R	A	I	N	B	O	W	A
R	E	G	A	J	R	P	U	M	P	K	D	B	H
B	D	N	A	L	E	R	I	D	A	M	I	J	S