



BREAKTHROUGH CLUBHOUSE

NEWSLETTER

APRIL 2010



WALK AT LUNCH DAY

April 28 is National Walk at Lunch Day sponsored by Blue Cross and Blue Shield. What a wonderful idea this is! The idea is not to walk at lunch just this one day, NO. It's to get people to walk at lunch EVERYDAY.

The benefits of walking are numerous, especially for those of us who suffer from bi-polar. For me, going for a walk just makes me feel better. Have you ever seen Richard C. in a good mood? YES, because he's out walking throughout the day and he's usually always smiling and in a good mood!



Some years ago Tufts University did a one-year study on people who were seventy, eighty, and even ninety years old. Many of these senior citizens came to this exercise study using

canes, walkers, and even wheelchairs. Three days a week they did various exercises, walked on treadmills, lifted lightweight dumbbells, and performed water resistance in a swimming pool. After a year, the results were very positive. Everyone built some muscle where before there was very little. But

one of the most amazing results was that many of those who used canes, walkers, and wheelchairs no longer had to!

Last year our fairly new Breakthrough House staff member, Joe H., started a walking group after our morning meeting. But, sometimes in Kansas doing things outside comes to a halt in winter. Last week the walking group started again.

I don't know about you, but I'm tired of 15 degree wind chills, and all the cold weather of the past few months. There is one thing I'm looking forward to,



however, and that is the beautiful sight of all the trees and flowers blooming. After all the snowfall we've had this past winter, the ground is very saturated which means when we get a few weeks of seventy degree weather the trees and flowers will be beautiful! I think I'll go for a walk!

Kerry M.



SUPPORT YOUR LOCAL PATRIOT GUARDS

Our veterans are the men and women who put their lives on the line; they have kept our great Republic free for over 200 years. No matter if they lean left or right. No matter if it was a so-called popular war or not. They all deserve our respect, gratitude, and honor. Many are true silent heroes and some are not; even so, they did what was asked of them. When you meet one, shake their hand and thank them. It's the least you can do.

Clayton G.



WELCOME FRIEND

WELCOME FRIEND, how good of you to come. What pleasant memories your face recalls. Pull up a chair, let us sit and talk, stay long, for you bring sunlight to these walls.

WELCOME FRIEND, the pot is on the stove. I'll set another place beside my own; forget your cares. Remember, two can share a burden; one should never be alone.

WELCOME FRIEND, I say this from my heart. You take away the chill of winter days; I hear the warmth of springtime in your voice. After you have gone, the wonder stays. The fact that you have cared enough to come means more to me than words can ever say. The light of friendship glows within your eyes, and that is why I welcome you today.

Mary N.

GAGE BOWL ROCKS

Our outing to the Gage Bowl was big FUN!!

Bowling is one of the oldest and most popular indoor sports. More people bowl versus any other sport and it's on the rise. There are other benefits to bowling such as great exercise and you can spend time with others.

We all had a great time even though the women were behind by one point. The women bowled against the men and as it stands, we have a tie. So, we'll be planning a tie-breaker game sometime soon.



So consider it the next time you hear about us going bowling. We had a great time -- Fun with a capital letter

F!!!!

Delorse O.

FORGETFULNESS

An 80-year old couple was having problems remembering things, so they decided to go to their doctor to get checked out to make sure nothing was wrong with them.



When they arrived at the doctor's, they explained to the doctor about the problems they were having with their

memory. After checking the couple out, the doctor told them that they were physically okay but might want to start writing things down and make notes to help them remember things. The couple thanked the doctor and left.

Later that night while watching TV, the old man got up from his chair and his wife asked, "Where are you going?"

He replied, "To the kitchen."

She asked, "Will you get me a bowl of ice cream?"

He replied, "Sure."

She then asked him, "Don't you think you should write it down so you can remember it?"

He said, "No, I can remember that."

She then said, "Well, I also would like some strawberries on top. You had

better write that down because I know you'll forget that."

He said, "I can remember that, you want a bowl of ice cream with strawberries."

She replied, "Well, I also would like whipped cream on top. I know you will forget that so you better write it down."

With irritation in his voice, he said, "I don't need to write that down! I can remember that." He then fumed into the kitchen and handed her a plate of bacon and eggs. She stared at the plate for a moment and said, "You forgot my toast."

Author Unknown



PLEASURE HUNT

Who says there is nothing here to do and life is boring?

You'll never find me idle or in bed just merely snoring.

There's books to read, weeds to pull,
flowers that need smelling;

roads to walk, streams to wade and
stories that need telling.

There's friends to cheer when life gets dreary,
gardens that need hoeing,



or take the boat down to the creek to go rowing.

The songbirds need a listening ear; God's creatures need attention.

Roll up your sleeves and go to work; that will rid you of your tension.

Mary N.

POLICE ENCOUNTERS: WHAT NOT TO SAY...

"Oh, what a nice pistol you have. Can I hold it?"

"I know the commissioner really well. I'll have you fired."

"What are you doing sitting out here so late with your lights off?"



"I could have outrun you if I wanted to."

"Of course I saw your red

lights flashing. I just thought you wanted to pass me.

Clayton G.

TRIP TO ZOO

The trip to the zoo was a very restful, pleasant outing. The weather couldn't have been better to stroll through the park to view the animals.

The weather was fantastic for the trip to the zoo! The temperature was in the 70s with a slight breeze. Colorful tulips were in full bloom plus the white flowering shrubs were very fragrant. As we relaxed at the picnic tables, the air was filled with their natural perfume.

Some of the animals that we saw were the orangutans, gorilla, and lions. The orangutan that was eating cantaloupe made eye contact with me. I could tell he was mature

by his cheek pads. A car tire was on exhibit that the orangutan had tied into a knot proving his strength.



The black mountain gorilla was moving about in the grassy area. The two female lions were taking an afternoon nap as we viewed them through the walk-through cave.

The rainforest had a number of interesting creatures. I questioned the zoo keeper about the iguana resting on the walkway of the rainforest. It seemed to be an impostor, but the zoo keeper assured me that the iguana was real! The fruit bats were camouflaged in the trees, but by looking closely we could see them hanging upside down.

Overall it was a perfect day!

William D.

Clubhouse Hours

Mon, Wed, Fri .. 9-6:30 pm

Tues & Thurs.... 9-7:30 pm

Holidays 12-4 pm

Clubhouse Staff

Jim.....Director

Michri.....Asst. Director

Andre.....Kitchen

JoeMaintenance

Patricia Clerical

Meals

(Cost is \$.50)

(\$.25 for group home residents)

Monday ... (FREE) noon

Tues through Fri..... noon

Holidays.... (FREE)...1:00 pm

Mon, Wed, Fri.....5:30 pm

Tues & Thursday.....4:30 pm

Van Hours

(Cost is \$.25 each way)

(\$.10 for group home residents)

Rides 8 am&4 pm

Tues & Thurs nights...7:30 pm

Holiday rides 11 am&4 pm

