

BREAKTHROUGH HOUSE, INC.

Compeer Connection

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Greetings from Cheri

A big thank you goes out to everyone who came to last month's Volunteer Outing and Skillbuilders' Event! We had a great time socializing with one another, planting flowers, and barbequing hot dogs.

I wanted to take the time to introduce our new Compeer Coordinator, Bailea Ochs.

"Hi everyone, I'm Bailea Ochs! Currently, I'm a junior studying Psychology at Washburn University. I will graduate in May of 2011 and will hopefully go on to graduate school in Clinical Psychology. I'm really excited to be working at Compeer and can't wait to meet everyone!"

Birthday Celebrations!

Happy Birthday to:

- Lisa E. 5/2
- Sarah S. 5/11
- Katie A. 5/18
- Dennis M. 5/24



Wishing you a special day!

Volunteer Outing

Date: Thursday, May 13th

Time: 9:00 PM

Place: Gage Bowl

Join fellow Compeer volunteers for a late evening of bowling at Gage Bowl on Huntoon. Bowl for two hours for only \$7 a person. Please RSVP to Cheri by Monday, May 10th, so that we can reserve enough lanes. Feel free to bring guests or people who may be interested in volunteer with us at Compeer. These outings are a great way to recruit new volunteers!

Breakthrough House News!

Meet the Executive Director

I am pleased to announce that the Breakthrough House Board of Directors has selected Danette C. Tipton to serve as Executive Director of Breakthrough House, Inc.

Danette has 22 years of experience working with nonprofit organizations and has been Executive Director of nonprofits in Kansas, Nebraska, Alabama, and Texas. Danette has a B.A. in Psychology, M.A. in Community Psychology, and is finishing work on an M.B.A.

Danette began her employment with Breakthrough House, Inc. on Thursday, April 29, 2010. Please join the Board in welcoming Danette to Breakthrough House, Inc.

Robert Harrison— President, Breakthrough House Board of Directors

Clubhouse

Spring has brought renewed life to the Clubhouse in the form of members assuming more responsibilities for the upkeep of the building. Ownership of the Clubhouse from those who previously had not participated in its upkeep is a joy for all. Since the weather has been so nice, that patio has been a popular spot. With the park benches and the fragrant, blossoming trees overhead, it is a delightful place to be!

Members of the Clubhouse visited the zoo in April. It was a fantastic day for an outing as the weather was perfect. The air was filled with nature's perfume from the flowers and the bushes. The favorite attractions were the lions that were lounging in the afternoon and the ape that was eating in the courtyard.

Consumer Assistance

Spring has arrived along with the rainy weather. Consumer Assistance has bus tickets available for Case Manager and Dr. Appointments. You must have an appointment card. If you have questions please call Lynn or Ashley at 232-6807.

SWIM IN TOPEKA

Blaisdell Family Aquatic Center

Located in the center of Gage park

785-271-5300

Open 1 pm-8 pm

Admission:

16 & Over- \$4.50

Youth 6 through 15- \$3.00

5 & Under- \$1.50

Crestview Pool

785-272-5503

Open 1 pm-5:45 pm

Admission:

16 & Over- \$2.25

Youth 6 through 15- \$1.50

5 & Under- \$.75

Hillcrest Pool

785-368-3792

Open 1 pm-6 pm

Admission:

16 & Over- \$2.25

Youth 6 through 15- \$1.50

5 & Under- \$.75

Oakland Pool

785-368-3857

Open 1 pm-5:45 pm

Admission:

16 & Over- \$1.50

Youth 6 through 15- \$1.00

5 & Under- \$.50

Garfield Pool

Garfield Pool won't be open in 2010. Plans for a NEW pool in 2011!

*All pools open
on May 22nd,
2010!!!*



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

Skillbuilders will be taking place on Saturday, May 22nd at 1:30 pm. We will be making our own kites and flying them at the BTH Clubhouse. Light refreshments will be served.

If you are interested in attending, please call 232-6807 x 304 to RSVP.

Volunteer News

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

We are compiling success stories and photographs of Compeer matches for our Facebook page, and our records. If you have a story or photograph that you would like to share please contact me. The more, the merrier! These stories and photographs are great ways to recruit new volunteers! Thank you in advance for helping us with this project!

May is Mental Health Month

Since 1949, May has been designated, "Mental Health Month".

Are you stressed out?

There are proven, practical tools that can help you cope better.



Maybe it is the bills that keep piling up...

Maybe it is raising young children...

Maybe it is work piling up...

Whatever your situation, life can be incredibly stressful. And too much stress can really damage your health, mood, focus, and your relationship with the people around you. Please find below 7 things that you can do to help manage your stress.

1.) Connect with others

Humans are social animals. We tend to do much better when we feel supported, valued, and understood. Join a book club, hiking group, or other organization. Enroll in a class. Get involved in your community.

2.) Stay positive

Thinking negatively can drag down your mood and your health. Experts say that you can learn to be less gloomy if you do the following. Keep a journal. Remember your achievements, and don't assume the worst.

3.) Get physically active

Our bodies were built to move especially when they're pumping out stress-inducing hormones. Work out with a friend. Schedule a time to exercise at least three times a week. Walk the stairs instead of taking the elevator.

4.) Help others

If you help your neighbor it is good for him/her, but it is good for you too. Volunteer with a community organization. Tell someone what you admire about them. Smile.

5.) Get enough rest

Sleep may seem like a waste when there is so much to do, but you're more likely to succeed at your tasks if you get enough rest. De-caffeinate yourself. De-stress yourself. Avoid frustration.

6.) Eat well

Our bodies and our brains need good fuel to function well. Eat regularly. Snack well. Strive for a well-balanced diet.

7.) Get professional help if you need it

If the problems in your life are stopping you from function well, professional help can make a difference. Find the names of mental health care providers. Write down specific questions.

Determine your insurance coverage.

(Adapted from Mental Health America)

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Compeer Contact Information

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May Word Search

BLOOMING	NIGHTINGALE	I T H T W O R G I S U N C C H
CINCO DE MAYO	SPRING	E R S Y A D E N O Y T R I H T
EMERALD	TAURUS	Y A D Y A M T S A I N H N O N
FIFTH MONTH	VICTORIA DAY	A W T H I E U M N O N T C H O
FLOWERS	WARM	D O F N Y R G M R A Y G I O M
GARDENING		A T I Y U L N I O T S N D A H
GEMINI		I E L A G N I T H G I N E M T
GROWTH		R S T D E B M L T N A U M W F
HAWTHORN		O T P S I T O S W I P R A O I
LILY		T B A R B L O Y A N N R Y A F
MAIA		C M E E I D L M H E M A O F T
MAY DAY		I E R H M N B A I D A R O M A
MEMORIAL DAY		V N G T O D G D S R E W O L F
MOTHER'S DAY		M E M O R I A L D A Y E S S O
		F S E M E R A L D G P R I N G