



BREAKTHROUGH CLUBHOUSE

NEWSLETTER

JUNE 2010



RECOVERY CONFERENCE AT WICHITA

Eleven members attended the three-day conference at the Century II complex where they learned much about leadership, communication techniques, and mental illness.



Attendees met people from across the United States. All were very friendly plus some plan to visit the Clubhouse after meeting our members! In all, there were about 700 participants.

A typical day started with breakfast at the conference center then sessions began that included keynote speakers. Various classes were offered on mental health issues. After lunch more sessions were attended before eating the evening meal. The meals were especially delicious!

The Wichita State University dormitory is where the members stayed. In the evenings members enjoyed bowling, videos, karaoke, and dancing.

Ideas that were gathered at the conference will show up at the Clubhouse. That is all that I will say. . . . Keep your eyes and ears open!

Chris D.

FATHER'S DAY CELEBRATION

On Friday, June 18th, Breakthrough House held a Father's Day barbecue. Some forty-five people attended as the women served the men or all fathers that afternoon. On the menu were barbecue hot dogs, chicken, hamburgers, delicious Jalapeno baked beans, and potato salad. Also, for dessert ice cream cones were served.



It was great camaraderie for members as we were barbecuing in the yard on a warm spring day. Just about everyone helped out, even Executive Director, Danette Tipton and her husband.



Congratulations to all men celebrating that special day.

Regina H.

FISH FRY



What more can you ask when a member provides a fish fry for all the other members? This is exactly what Lawrence L. did as a gesture of appreciation.

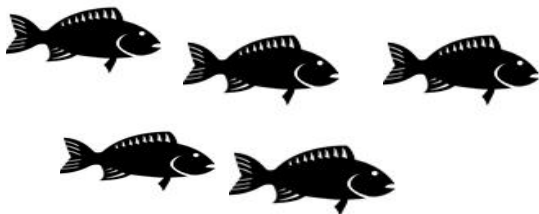
He did it all! He caught the fish, cooked them, prepared the picnic area, provided side dishes and drinks. The setting was at Central Park that had several picnic tables, a shelter, a playground, a pond, and some geese that people fed.

There was plenty of food for all as Lawrence provided 80 pounds of fish, 80 pounds of hot dogs, potato salad, chips, and pop. Employees of Topeka Parks and Recreation were in the park that day so they were invited to join. A few other people that just happened to be in the park were also invited.



Some members arrived early to help with the preparations, then afterwards some members stayed to help with cleanup. All agreed that it was very good!

Frank C.



MEMORIAL DAY COOKOUT

The Memorial Day cookout was a spectacular event! The food was tasty, the weather was fine, and the crowd was gigantic!

About 60 members attended the cookout that was held on the shaded patio behind the Clubhouse.



Although André G. was the main chef on the grill, he couldn't have pulled it off without the help of members. Fred P. was the assistant chef, James M. and Chris D. prepared hamburger patties and spaghetti.

There was plenty of food for all! The holiday menu consisted of grilled hamburgers, Italian sausage, spaghetti, chips, pop, potato salad, and chocolate pudding for dessert. Everyone ate to their heart's content. A few might have eaten more than their stomachs liked!

It was such a beautiful day that some members chose to eat on the patio rather than in the Clubhouse. Some members played cards and others just socialized.

Superior teamwork was evident throughout the day, especially during cleanup. Everyone chipped in to clean the patio, kitchen, and the dining area. The cookout was a success from beginning to end!

Danny and Jodi J.

WHAT I HAVE LEARNED BY BEING A MEMBER OF BREAKTHROUGH

I first began answering the telephone. It was confusing-- hold, page, not answering page, taking a message, and asking for a telephone number.



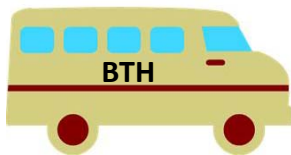
I finely understood it!

I then refilled toilet paper, paper towels, and soap dispensers. After that I scrubbed the sinks, toilets, and mirrors. Then, I mopped the floor.

Finally, I got a job in the thrift store selling clothing. It was a lot of fun.

Next, I sold tasty cakes at the snack bar.

There is a routine at Breakthrough. I get picked up at 8:30 a.m., arrive at 9:15 a.m., then eat breakfast before attending the Breakthrough meeting. There is clerical, automotive, housekeeping, and kitchen units. Later on at noon I eat lunch, then attend the 1'o clock meeting. There is a 3:30 p.m. prize drawing before riding the 4:00 p.m. van to home.



Melba F.

SONG MATCH

Test yourself by matching song titles with the artists. If you score 10 correct, you are brilliant! 9 correct, you are amazing! 8 correct, awesome! 7 correct, fantastic! 6 correct, better than average! 5 correct, a real songbird! 4 correct, a musician at heart! 3 correct, a good guesser! 2 correct, lucky! 1 correct, hearing impaired! 0 correct, musically challenged!

SONGS

- 1 ___ Toy Soldier
- 2 ___ Real Love
- 3 ___ Dirty Diana
- 4 ___ Dust in the Wind
- 5 ___ He Touched Me
- 6 ___ Stairway to Heaven
- 7 ___ I Believe I Can Fly
- 8 ___ Take My Breath Away
- 9 ___ Rhythm of Falling Rain
- 10 ___ God Must Have Spent a Little More Time On You



SINGERS

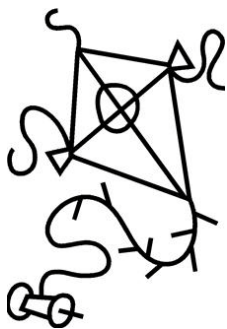
- A. Led Zeppelin
- B. Mary J Blige
- C. Berlin
- D. Kansas
- E. N Sync
- F. R. Kelley
- G. Elvis Presley
- H. Martika
- I. Cascades
- J. Michael Jackson



DeAnn T., Ric C., Jasmine M., Regina U., Mary N., Daniel Mc., David L., Michri H., Jim M., Joe H.

KITE MAKING, COMPEER PROGRAM

“Making Homemade Kites” was a fun event that took place on May 22. Colorful kites were constructed that were complete with crepe paper streamers and string so they were ready for the skies! Along with making kites, participants enjoyed snacks of summer sausage, cheese, carrots, celery, and bananas. It was a fun hour of socializing.



My suggestion is that we have Compeer activities at least twice a month.

Ryan S.

YOUNG AT HEART

My body grows old and weary, yet my heart is young and gay.

Old age reaches out to claim me, but I'll fight him all the way.

Nay, I'll not grow old just yet, there's too much I want to see.

Pain and suffering I'll push to aft. I'll keep smiles upon my face.

Old age and I run neck to neck, but I plan to win the race.

Whatever God has in store for me and whatever old age imparts,

there's one thing that I pray for and that's to remain young at heart.

Mary N.



INQUIRING MINDS WANT TO KNOW

Why isn't there mouse-flavored cat food?

Why are builders afraid to have a 13th floor, but book publishers aren't afraid to have a Chapter 11?

Why do you need a driver's license to buy liquor when you can't drink and drive?

Why are cigarettes sold in gas stations when smoking is prohibited there?



WHAT IS T.E.P.?

The Transitional Employment Program is going strong! This program allows members to earn some money and to gain employment experience.

Ron D., Cobon S., James S., and Ric C. are the members who work in the T.E.P. They applied for the positions at the Administrative office and were hired to work for the summer. They are responsible for lawn care at the Breakthrough Living Programs and at a vacant lot on Harrison Street. Along with mowing, they weed eat and cut limbs.

Each member works two to four hours a day usually on Monday, Wednesday, or Friday. They keep track of the hours that they work, then turn in a weekly timesheet.

The best part of the job is that it provides structured time. It is a good feeling to be employed, to be constructive, and to be a humanitarian.

The least favorite part of the job is the cleanup that consists of picking up limbs and sweeping sidewalks.

Ric C.

UPCOMING EVENTS

The Clubhouse will be open for holiday hours on July 5 from 12:00 to 4:00.

Members are looking forward to traveling to Kansas City for Royals games on July 21 and July 28.



ANSWERS: SINGERS/SONGS

1.H, 2.B, 3.J, 4.D, 5.G,
6.A, 7.F, 8.C, 9.I, 10.E

Kansas—Dust In The Wind
Mary J Blige—Real Love
Martika—Toy Soldier
R. Kelley—I Believe I Can Fly
Michael Jackson—Dirty Diana
Berlin—Take My Breath Away
N Sync—God Must Have Spent A Little More Time On You
Elvis Presley—He Touched Me
Cascades—Rhythm Of The Falling Rain
Led Zeppelin—Stairway To Heaven

MEMORIES



I have been a Clubhouse member for 14 years. Jim made me feel welcomed here. I love all of you!
Ellen O.

I have enjoyed the parties and the family atmosphere. What I like best about Breakthrough will continue—the PEOPLE. They are Breakthrough's greatest asset.

Barb M.

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

