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Greetings from Cheri

We are currently doing a fundraiser for Compeer. Cero's Candies in Wichita's Old Town district was established in 1885. Cero's Candies, and the Mental Health Association, provides job training and a nurturing environment for adults with special needs. They also provide opportunities to fundraise money for non-profits, sports teams, and schools. Compeer volunteers are currently selling Cero's fudge, peanut brittle, caramel popcorn, chocolate chip or lemon citrus cookies, taffy, spicy Cajun snack mix, butter toffee mixed nuts, and fancy nut mix.

Money raised during this fundraiser will go towards recruiting volunteers for all of our programs here at Compeer. Our goal is to recruit at least 40 new volunteers by the end of this year!

I have personally had the opportunity to sample almost every item that our volunteers are selling...and these candies are absolutely delicious! If you are interested in purchasing any of these items, please call me at 232-6807 x 304. Don't wait!!! We will only be selling these for a couple more weeks.

Greetings from the Executive Director

Volunteering - The Core of Compeer

Congratulations Jaylyn! Congratulations Rob! What would we do without our Compeer volunteers? Well, frankly, Compeer would not exist. The core of the Compeer program is based on the volunteers who give their time and friendship to their Compeer friends. Cheri nominated Jaylyn and Rob for the United Way of Greater Topeka's Annual Volunteer Awards – to recognize and thank them for their great work on behalf of the program - and the Award selection committee agreed that they were worthy of 2010 Annual Awards.

Did you know that Topeka has some of the most generous people - as far as volunteer hours donated - of 75 similar-sized cities? United Way tells us that Topeka ranks 7th out of these 75 cities, in terms of citizens donating the highest number of volunteer hours to nonprofit organizations. What great citizens we have – all the more important during this economic downturn!

If you volunteer for Compeer, please know how vital you are to your Compeer friend, and to the program. **We appreciate you beyond measure!** If you are not yet a volunteer – please learn more about the program. Join Cheri and Bailea in their quest to match 40 waiting Compeer friends by the end of the year. In fact, the BBQ on July 17th would be a great time to learn more about how to become a Compeer volunteer (while enjoying some great food and entertainment). We hope to see everyone there!

-Danette Tipton

Breakthrough House News!

Residential Services

Residential Services would like to welcome Megan to the staff! Megan is currently a nursing student at Washburn University. She will be serving the staff as the temporary Wellness Coordinator. Residential Services would also like to thank Bernard for his good citizenship. Bernard received a certificate of recognition from the staff for his involvement during the last big tornado warning. In 7 short minutes, he was able to wake the entire house and then get them to the basement. Great job Bernard!

Clubhouse

The Clubhouse would like to congratulate all members who went to the Wichita Recovery Conference not only for their attendance, but also for the presentations each person gave to Clubhouse Members and Breakthrough House Staff. You all did a great job, and you were an inspiration to all of us!

The following are resources that are committed to helping consumers overcome their mental illness and start the steps to recovery through employment opportunities.

Kansas Rehabilitation Services
3640 SW Topeka Blvd St. 150
Topeka, KS 66611-2376
Contact: Lauren Todd
www.srskansas.org/rehab/text/vr.htm

Valeo Behavior Health Care Inc.
2401 SW 6th St.
Topeka, KS 66606
Contact: Kristin Farley
www.valeotopeka.org

Consumer Assistance

Summer is here. Stay cool in the heat by drinking a lot of water, using a fan and staying out of direct sunlight. Save electricity by keeping air conditioners and central air on one temperature and leaving it there. Turning it up and down uses more electricity and will run your bill up. If you have questions for Consumer Assistance call Lynn or Ashley at 232-6807.

Birthday Celebrations!

Happy Birthday to:



Christine A. 7/17
Kirsi R. 7/28
Sarah G. 7/30

Wishing you a special day!

Match Activity...

Compeer has some exciting news to share! This past month we had two new matches created! Congrats to Mary and Jenny and their matches! We also obtained a new volunteer, so another match will be in the making shortly. If you know of anyone who would be interested in volunteering please contact us.

Through Compeer, a volunteer can help change someone's life for the better and it's just as simple as being a friend. Please call me today to set up a meeting 232-6807 x 305.

Volunteer Outing

Date: Saturday, July 10th
Time: 6:00 PM
Place: Old Prairie Town

It's the first of Old Prairie Town's Summer Concerts! Bring your lawn chairs and come enjoy a night of music and fun in the beautiful setting of Old Prairie Town! \$2 at the door. We will meet at 6:00 in the BTH office parking lot.

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!



Skillbuilders

Skillbuilders will be taking place on Saturday, July 17th at 2:00pm. We will be having a BBQ at the clubhouse! The Standing Bear Intertribal Drum Group will be performing during the picnic. All of Breakthrough House Inc. and Compeer's consumers are invited! Be ready to have some fun!! If you are interested in attending, please call 232-6807 x 304 to RSVP.



Youth Seeking Friendship

A 16 year old female is looking for a positive role model in her life. She's very social and easy to get along. She enjoys doing hair and going out to the mall!!

A 14 year old female is looking for someone to listen. She's very intelligent and sociable. She enjoys art and performing. She also enjoys fashion

A 18 year old male is looking for a male role model. He is very athletic and enjoys indoor and outdoor sports. He also enjoys movies and art.

A 11 year old male is looking for a friend. He is a pleasant and good kid. He's looking for someone who enjoys sports, games, animals, going out, and movies.

Adult Seeking Friendship

There is a 45 year old women looking for someone to things out in the community with. She's smart, friendly, and nice. She enjoys reading, music, and computers.

There is a 58 year old women looking for someone to be friends with. She is nice and has a very laid personality. She enjoys activities that are not done in big crowds.

There is a 40 year old male looking someone to talk and doing things with. He enjoys sports and poetry.

There is a man seeking a friend to help him through his loneliness. He enjoys playing on the computer and taking walks

Through Compeer, a volunteer can help change someone's life for the better and it's just as simple as being a friend. Please call me today to set up a meeting 232-6807 x 305.



How To Stay Positive In a Negative World

Take a break from the news. Listening to the news can be depressing. All bad news all of the time can drag you down and keep you there. Give yourself permission to stop listening to the news, especially first thing in the morning and before bed time.

Use your influence to do good where you live. Shift your focus from what is happening in other parts of the world to your community. Get involved in making a positive change or contribution. Gandhi said “Be the change you wish to see in the world”.

Focus on what you can change, and let go of what you can't change. When faced with a distressing situation ask yourself if you have control over the events. If you do, change what you can. If you don't, learn to let it go and move on.

Focus on what is working in your life. Choose one thing that you are grateful for and focus on it for the rest of the day.

Express your appreciation to others. You can create a positive world, one person at a time, by saying thank you every chance you get to everyone you interact with – from the person who holds open a door for you, to your child who does a chore.

● Surround yourself with positive people.

● Listen to your favorite music or a motivational speaker for at least 15 minutes a day.

● Always take care of yourself - eat healthy foods, exercise regularly, and get a good night's sleep!

SAVE THE DATE

Youth Outing—BACK TO SCHOOL BASH!!!!

When: Saturday Aug. 14th
Time: 2:00-4:00pm
Where: TBA



*Grass skirts
Loud shirts
Torch lights
and Tropical Delights
These things and more, it's
true
A Luau is in store for you!*

Breakthrough House
Compeer Program
603 SW Topeka Blvd, Ste 100
Topeka, KS 66603

Compeer Contact Information

Cheri Stortz, Compeer Director
(785) 232-6807, Ext 304

Bailea Ochs, Compeer Coordinator
(785) 232-6807, Ext 305

Fax Number: (785) 232-0751 E-mail: ctopeka@yahoo.com
www.breakthroughhouse.org/Compeer.html

July's Game *4th of July*

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

WORD BANK

Balloons
Barbecue
Baseball
Carnival
Celebration
Democracy
Fireworks
Flag
Freedom
Great Britain
History
Holiday
Independence
National Anthem
Parade
Patriotism
Picnic
Red White Blue
Streamers