

# Compeer Connection

## Greetings from Patricia

I would like to thank everyone who was able to attend the fundraiser on Saturday, August 15th. We had a great night promoting Compeer and raising money to benefit our Programs!

Class is back in session and we are happy to be able to offer the opportunities to help children in the classroom. Our Lunch Buddy program allows qualified volunteers to meet with children in need during their lunch hour. We are currently looking for volunteers to get this program running. This is a very satisfying program that reaps many rewards while giving back to the community.

## Greetings from Cheri

There will be no volunteer outing this month. We are going to do volunteer outings bi-monthly starting in October. We will keep you posted with the dates of the outings once they are determined.

Last month for Skillbuilders we went bowling, miniature golfing, and rode go-carts at Westridge Lanes. We were thankful that we didn't get rained on while we were outside! Thank you to everyone who attended the event! A special thank you goes out to all of the volunteers who were able to attend! The Skillbuilders Event for this month will be taking place on Friday, September 11th. We will be going to the Huff'n Puff Hot Air Balloon Rally at Shawnee Lake from 6:30-8:30 p.m. We are providing transportation for this event. If you are interested in attending or volunteering for this event please contact me at 232-6807 or ctopeka@yahoo.com.

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### Volunteer News

Just a reminder that monthly reports are due on the 5th of each month. We welcome Rebecca D., Angela M., Michelle G., Andrew F., Richard C., Sheri B. & Jaylyn B.

***Breakthrough House News!***

***BTH Clubhouse***

Summer is drawing to a close - maybe soon we will all dry out. After rain delays, 20 of the clubhouse members finally made it to Worlds of Fun/Oceans of Fun. The clubhouse provided transportation with each member paying their own admission fee. A good time was had by all, especially the 2 staff members who escorted the group.

Physical health is important for enjoyment of life. The Clubhouse is lucky to have Nurse Diane and students of Baker School of Nursing (at Stormont Vail) come by every Tuesday morning for routine checks and advice. Their time and effort is greatly appreciated.

John J. Williams

***Consumer Assistance Program***

The Consumer Assistance Program will be accepting new payees in September 2009. Emergency Aid has bus tokens available for case managers appointments and Doctor appointments only. You must have an appointment card to be eligible for these. If you have questions or comments regarding the Consumer Assistance program please contact Lynn Davis or Ashley Ramirez at 232-6807.

***Residential Services***

We are pleased to have our new Wellness Coordinator, Emily on board here at Breakthrough House Inc. Emily is pursuing a mental health degree and on her time away from her Wellness Coordinator commitments here at Breakthrough, she will be attending a few classes at Washburn University this fall. Welcome Emily! We are very glad you are on board!

Residents are still needing fishing poles to complete their fishing experience at several Lakes this summer, if you can help, please call Theresa at (785) 232-6807 Ext 324. In addition, movie rental gift cards are a nice way to show our residents you care. If you wish to donate to movie rental certificates, please give me a call as well.

## September Activity Guide

### Educational

#### -Stop Squeaking By 9/02

Learn money management skills from 7-8:45 p.m. at the public library in the Menninger Room 206. FREE!!

#### -PodComp Topeka 9/19

Check out new media at the public library from 9 a.m.-3:30 p.m.

### Movies

#### -International Film: Eastern Promises 9/01

6:30-8:30 p.m. at the public library in the Marvin Auditorium 101 B & C. FREE!!

#### -Classic Film: The Young Philadelphians 9/11

2-5 p.m. at the public library in the Marvin Auditorium 101 B & C. FREE!!

### Special Events

#### -19th Annual Lake Shawnee Traditional Pow Wow 9/04-09/06

Experience Native American culture at Lake Shawnee's Reynolds Lodge at 29th St & West Edge Rd. \$8 at the gate and \$6 at Dillon's. Call Chris Wagner at 969-7890 for information.

#### -Huff'n Puff Hot Air Balloon Rally

Located at Tinman Circle, Lake Shawnee. The Rally will take place on 9/11 from 6-10 p.m.; 9/12 from 7 a.m.-7:30 p.m. and 9/13 at 7:30 a.m. \$5 donation to ride in a balloon. For more information go to [www.huff-n-puff.org](http://www.huff-n-puff.org).

#### -4th Annual Aaron Douglas Art Fair 9/26

11 a.m.-5 p.m. at the Aaron Douglas Art Park located at 12th & Lane. FREE!!

#### -Cider Days

Enjoy warm cider and history at the Kansas Expocentre on 9/26 from 10 a.m.-5 p.m. and 9/27 from 10 a.m.- 5 p.m. Tickets for admission can be purchased for \$6 at Walgreens or \$7 at the event. Call 230-5226 for more information.

### Social

#### -All Aboard the Oz Express

Check out Wizard of Oz memorabilia at the Great Overland Station (701 N Kansas) Tuesday-Saturday 10 a.m.-4 p.m. and Sunday 1-4 p.m. Admission is \$4 per adult; \$3 per senior; \$2 per youth and 3 & younger get in FREE.

#### -Gary's Fall Festival 9/26-10/31

Celebrate fall with hayrack rides and finding your way in a maize. Open Wednesday & Thursday 4-9 p.m.; Friday 4-11 p.m.; Saturday 12-11 p.m. and Sunday 1-6 p.m. \$3 general admission; \$8 maize and \$12 haunted house. Call 246-0806 for more information.

### Sports

#### Topeka Trails

Explore and enjoy nine nature trails. Own a trail map developed by the city of Topeka and Shawnee county by calling 368-3838.

#### -Pepsi/NFL Punt, Pass & Kick (ages 8-15)

Compete or watch youth display skills in football. 9/12 at 5:30 p.m. at the Crestview Ball Diamond. 9/19 at 5:30 p.m. at Garfield Park. Contact Arnold at 368-1667 for more information.

# Extra...Extra



## Music

### -Music for the Organ 9/04

7 p.m. at the Grace Episcopal Cathedral located at 701 SW 8th Ave. FREE!!

### -Plum Blossoms and Flowing Water, Melodies from China 9/13

3-4:30 p.m. at the public library in the Marvin Auditorium. FREE!!

### -Choral Music with Muscle 9/21

7 p.m. at the Grace Episcopal Cathedral located at 701 SW 8th Ave. Admission is \$10 per adult, \$5 per student and 12 & younger are free.



## Theater

### -Rabbit Hole

Performances are September 10-12 at 8 p.m. and September 13 at 2 p.m. at Washburn University in the Andrew J. & Georgia Neese Gray Theatre, Garvey Fine Arts Center. Tickets cost \$5 per person. Admission is FREE for Washburn Students with current student ID.

### -Prelude: Shores of Lake Michigan

Performances are September 18, 19, 25 & 26 at 8 p.m. and September 20 & 27 at 2:30 p.m. at the Helen Hocker Theater located in Gage Park by the Zoo. Show admission is \$12 per adult and \$10 per youth (12 and younger). For ticket information call 785-368-0191.

### -Laughing Matters Jr. 9/26

8 p.m. at Topeka Civic Theater located at 3028 SW 8<sup>th</sup> Ave. Tickets are \$5 per person. Call for ticket information at 785-357-5211.

## Resource of the Month

### Kansas Career Pipeline

Parents & Students:  
9/12- 1:30-4:30 p.m.  
Adults:  
9/16-9:30 a.m.-12:30 p.m.  
9/21- 6-9 p.m.

Explore what type of jobs and work environments are best for your personality. All sessions are at the public library in the Computer Training Center.

## Farewell from Sarah

As of September I will start a new position at a different agency. Over the last three years I've enjoyed the role of Compeer Coordinator. The biggest enjoyment is getting to know everyone throughout the community. I've also enjoyed witnessing the successes with Skillbuilders and Compeer matches. Leaving this position will be difficult because of the many relationships I've developed with various people and groups. Yet I am glad that Compeer will be left in the capable hands of Patricia and Cheri to thrive towards a higher level. As the Irish Toast says "May you have warm words on a cool evening, a full moon on a dark night, and a smooth road all the way to your door".

## Skillbuilders Event

**When:** September 11, 2009 from 6:30-8:30 p.m.  
**Where:** Tinman Circle, Lake Shawnee  
**Activity:** Huff'n Puff Hot Air Balloon Rally  
\*Transportation will be provided for the event\*



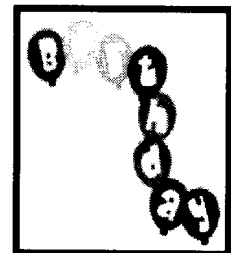
## Newsletter Suggestions:

We want to know what you think about our newsletter. Is there anything missing that you would like to see in the next issue? Any suggestion you have would be appreciated. Also, if you have anything you would like to share about your match or experience you had at the Skillbuilders' event, we would love to put it in the next issue. Feel free to call or email us your ideas.

## Birthday Celebrations!

Happy Birthday to:

Diane W. 9/03  
Sheri B. 9/11  
Jo Ann H. 9/25



Enjoy your special day!

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

### **Compeer Contact Information**

**Patricia Phillips, Compeer Director      Cheri Stortz, Compeer Coordinator**  
**(785)-232-6807, Ext 304                      (785)-232-6807, Ext 305**

**Fax Number: (785) 232-0751      E-mail: [compeer\\_topeka@yahoo.com](mailto:compeer_topeka@yahoo.com)  
[www.breakthroughhouse.org/Compeer.html](http://www.breakthroughhouse.org/Compeer.html)**

#### Pirate Speak

**Talk Like a Pirate Day is September 19th...here are words to practice!  
Look for the highlighted word.**

1. **Fairwinds**  
(Goodbye, Good Luck)
2. **Ahoy** (Hello)
3. **Bilge** (Nonsense)
4. **Shiver Me Timbers**  
(Expression on strong emotion)
5. **No Quarter** (No Surrender)
6. **Bucko** (Friend)
7. **Avast** (Hey)
8. **Sail Ho** ('I see a ship')

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

9. **Matey** (a cheerful greeting)
10. **Davy Jones Locker** (Bottom of the Sea)