



# BREAKTHROUGH CLUBHOUSE NEWSLETTER SEPTEMBER 2010



## LABOR DAY COOKOUT

About 60 people enjoyed the cookout on Monday, September 6, to celebrate Labor Day. It was a great day with delicious food, good friends, and perfect weather.



Fred P. manned the grill on the patio as Chris D. kept him supplied with meat and took the cooked food into the kitchen. The entrées were barbeque chicken and hamburgers supplemented by beans, potato salad, chips and juice. James M. and Mary N. prepared the side dishes and served the hungry crowd. Several members said they were so full that they didn't eat anything for their evening meal.

Paul S., David B. and Quincy H. cleaned the dining room and emptied the trash so it would be ready for the following day. Teamwork definitely was displayed.

Following the wonderful meal, the vans transported members to their homes all across the city.

DeAnn T.

## POETS CORNER

### TAKE TIME TO CARE

Take the time to  
love and care  
Throughout this new  
born day.  
Do the many little  
things,  
So many days delayed.  
Little things that mean so much;  
Like flowers upon a vine that blossom  
there,  
Because you care and give them loving  
time.  
Take the time to hold the hands of  
husband, wife or child.  
Let them see and feel your love;  
In kisses, hugs and smiles  
Show them all the tender care that made  
your flowers grow  
And harvest love;  
That grows of love;  
Wherever love is sowed.  
With friends and neighbor folk  
You meet throughout the day.  
Take the time, share their cares  
And soothe them of dismays.  
Let this be a day of Christian love;  
That ends with love in prayer,  
And trust the Lord to bless your sleep;  
In arms of loving care.



Submitted by Mary N.

## **MY THOUGHTS ON MENTAL ILLNESS**

Mental illness is a problem that has to be dealt with everyday of our lives. This is a handicap that makes it difficult to think clearly. It can cause hate, discomfort, and death.



I finally looked at the problem with great thought. An individual can defeat this illness by stop thinking that mental illness is a handicap. Stop thinking that you are helpless or that you have no self-esteem. Start thinking that you are a strong person and that you are worthy. You are not in this by yourself; there is help out there.

In the public eye people look at us and say that we're crazy, out of our minds. We're not crazy! We are people that are just too smart for ourselves and we just think faster than we act. This causes us to do things that seem out of place to others.

A fear of law enforcement can be the cause of stress disorder. It's like a vampire seeing a cross or crucifix. Some enforcement officers use this to their advantage to gain a conviction. Law enforcement needs to be educated in working with the mentally ill. Let's work together to exercise our rights to justice.

Fred P.

## **ASHLEE SANDEL**

Ashlee is a good friend, volunteer, and employee! She started at Breakthrough House as a volunteer, then was employed and then she left for another job.

The few weeks that I knew Ashlee, she was the best and finest staff that Breakthrough House has ever had!

Now, Ashlee is working for the State of Kansas. It is too bad that the best has to leave our program for another. We all wish her the best!



Ryan S.

## **SAFE STREETS PRESENTATION**

Lynn Smith from Safe Streets offered the members some good tips about being safe on September 8 when he presented at the Clubhouse. He was very personable in his delivery and encouraged members to ask questions.



Some of the tips were: walk with another person at night, acknowledge people as you pass by them on the sidewalk, carry only enough money for the day, and keep personal information secure. He handed

out a quiz labeled “Identity Theft IQ Test” plus gave the members a list of personal alarms that are available for purchase.

It was nice to have a speaker; I look forward to having more.

Fred H.

## **VAN MAINTENANCE**



Keeping the three vans in running order is a daily task. Every day I check them to see if there is anything that needs fixed or replaced. The van drivers also let me know when they suspect any problems.

Daily, I check the fluids such as the oil, transmission, brakes, antifreeze and power steering. Also, I check the tires, belts, hoses, lights, and the battery. The cleanliness of the vans is checked on also. Even though passengers are not allowed to eat or drink in the vans, the trash receptacles still need to be emptied.

Sometimes replacements need to be made or items need to be fixed. I’ve replaced air filters, headlights, starters and spark plugs. At times the tires need some air, or I’ve even plugged the tires when needed. Changing the oil, greasing the suspension, and servicing the transmission are tasks that I have done.

Frank C. and Bernard R. also assist with the maintenance of the vans. Just recently Frank installed new batteries and cleaned the terminals. It was necessary to replace a few of the terminals, so he did that, too. One of the vans needed a new alternator, so they replaced it.

To keep track of the maintenance of the vans, I record on a large white board what is fixed, replaced, or repaired. If you would like to see what all is done, check the board in the reception area.

Along with maintaining the vans at the Clubhouse, I assist in the maintenance of the vehicles at the Breakthrough Living Programs. At times, the vans need work that has to be performed elsewhere. For instance, the safety pole needed to be welded and the air conditioning needed to be fixed. Even though I can’t fix these things, I will suggest places that can.

Overall, I feel good that I can help Breakthrough House with the maintenance. It is a daily job, but it is something that I can contribute.

Jeff B.

## UNITED WAY VOLUNTEERS



United Way volunteers from Hope Street Academy did an exceptional job of cleaning the vans on September 10 as a part of Day of Caring. We are very appreciative of their efforts!

Also on September 10, members visited the zoo with United Way volunteers. It was special to see the baby hippo. It was in the pond along with its mother. You had to watch carefully because it just came up for air then went under the surface again.



It was nice to see the baby giraffe, also. It was inside with its mother; it was sitting so we didn't see how tall it was.

The tiger was drinking water from the small pond in its cage, so we were fortunate to see it as it moved about. It has really big paws!



Members of the Clubhouse decorated a t-shirt to assist in promoting United Way. Here you see Jeff B. modeling the colorful t-shirt which has hand prints of members on the front.

DeAnn T.

## HOW'S YOUR FUNNY BONE

One horse says to another, "I recognize your face but I don't remember your mane."



Ladies, to this advice give heed--- In controlling men: If at first you don't succeed, just cry, cry, again.

Two Eskimos sitting in a kayak were chilly, but when they lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it, too.

Did you hear about the Buddhist who refused his dentist's Novocain during root canal work? He wanted to transcend dental medication.





1201 VAN BUREN, TOPEKA, KANSAS PHONE (785) 232-6960

## **HOURS:**

MONDAY AND WEDNESDAY (9-6:30PM)

TUESDAY, THURSDAY, AND FRIDAY (9-5 PM) (GROUP TRIP AT 5:00 PM)

HOLIDAYS (12-4)

## **MEALS:**

(Meals are 50 cents)(25 cents for group home residents)

MONDAY.....(FREE).....(12:00 PM)

TUESDAY THROUGH FRIDAY.....(12:00PM)

HOLIDAYS.....(FREE).....(1:00 PM)

MONDAY AND WEDNESDAY.....(5:30 PM)

TUESDAY, THURSDAY, AND FRIDAY.....(4:00 PM)

## **VAN RIDES:**

(Rides are 25 cents each way) (10 cents for group home residents)

RIDES ARE AT 8 AM AND 3:45 PM

TUESDAY AND THURSDAY NIGHTS RIDES HOME ARE ALSO GIVEN TO PARTICIPANTS IN THE 5:00 PM GROUPS

HOLIDAY RIDES ARE AT 11 AM AND 4 PM