

# Compeer Connection



## Greetings from Patricia

Greetings! As the weather changes and the leaves start falling, we find ourselves busy informing the community about the intriguing facts of mental illness and friendship.

We have spoken with civic organizations and university students encouraging them to volunteer. Some have come forward eager to participate. Going into the community and speaking about Breakthrough House & Compeer is something we enjoy doing, so if your organization is in need of a program, or if you are interested, please contact either Cheri or I at 232-6807 ext. 304.

## Greetings from Cheri

The September Skillbuilder's Event, took place at the Huff'n Puff Hot Air Balloon Rally out at Shawnee Lake. We would like to congratulate Jodi J. and Michri H. for facing one of their fears and going up in a hot air balloon! Way to go ladies! You were both an inspiration to all of us.

We are having a Volunteer Outing this month on Saturday, October 10th from 1-2pm at Fairlawn Classic Bean. Come and meet the new volunteers to offer them advice and tell stories about your personal experience with Compeer. We will also be planning the Volunteer Outing for December.

This month's Skillbuilders Event will take place at Rees' Fruit Farm. We will be going on a hayrack-ride tour of the apple orchard, picking pumpkins, decorating pumpkins, and drinking fresh apple-cider slushes. If you are interested please call me at 232-6807 x 305.

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## Volunteer News

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

Congratulations to our new Adult One-to-One Matches: Beckie D. & K-J K., and Sheri B. & Ellen O. and to our new Youth One-to-One Matches: AJ F. & Domini'Que B., and Jaylyn B. & Renae A. A special congratulations goes out to Diane W. & Christine A., and Dennis M. & John G. who renewed their matches for another year!

## **Breakthrough House News!**

### **Greetings from Glen**

At Breakthrough House, Inc., we have been busy completely redesigning and updating our website. There are now web pages for each of our programs, including Compeer, and new content is being added almost daily. The Compeer newsletter is now available online—in fact, you probably will be able read it there before you get your copy in the mail! Our address is still the same: [www.breakthroughhouse.org](http://www.breakthroughhouse.org). Go online and check us out. And while you're there, make a donation. You can now do that online, too. And as always, your contributions and other support are appreciated and will have a positive effect on the lives of the people we are in business to serve.

*Glen Yancey*  
*Executive Director Breakthrough House, Inc.*

### **BTH Clubhouse**

Greetings from the lake in the middle of Kansas. This weather is enough to cause people to sit in the middle of the room, vegetate, get depressed and turn green. Having the Clubhouse allows and encourages people to get out and meet each other. The activities encourage members to interact with each other. We are thankful for those activities, and for having the Clubhouse.

*John W.*  
*Clubhouse Member*

### **Consumer Assistance Program**

Bus tokens are available through Emergency Aid for those of you who are going to Dr. appointments and Case Manager appointments. You must have an appointment card to receive the tokens. Just a reminder that flu season is here. If you are not feeling well, please call ahead and we may be able to make arrangements for you to receive your check without leaving your house. Also, think about stocking up on Kleenex, Tylenol and cold medicines so that you do not have to go shopping while not feeling well. If you have questions or concerns, please call Lynn or Ashley and 232-6807.

### **Residential Services**

September 18th was the annual Day of Caring Event here in Topeka. Volunteers from Blue Cross Blue Shield, Kansas Legal Services, and the Department of Corrections helped us build two front porches, paint multiple rooms, & wash and detail the vans at the Clubhouse. The 37th Street Wal-mart donated \$40 in painting supplies for the event. We would like to thank Wal-mart and all of the volunteers who helped make the event a success!

# OCTOBER EVENTS

## Special Events

October 4th: 30th Annual Apple Feed  
10am-5pm. Old Prairie Town. Call  
368-3888 for more information.

October 24th: Boo at the Zoo  
10am-4pm. Gage Park Zoo. Trick or treat  
around the Topeka Zoo in a safe  
environment. For more information, call  
368-9135.

October 25th: Children's Railroad Day  
1pm-3pm. Great Overland Station.  
Admission is \$4 for adults and \$2 for  
children. Call 232-5533 for details.

## Social

October 9th: Twilight Tours/Topeka Zoo  
8-9:45pm. Cost is \$5. Must pre-register.  
To register call 368-9180.

October 10th: Super Saturday Fun Nights  
7pm. Hillcrest Community Center. Ages  
7-11. Cost is \$4. 368-3790.

October 16th: Popcorn Movie Club  
1pm. Ages 8 and older. Located at the  
SSLC. Cost is \$4. Call for more  
information 228-6025.

October 26th: Pumpkin Painting and  
Decorating. 6 pm. Ages 6-10. Located at  
Rice Community Center. Cost is \$5.

## Skillbuilders

**When:** Friday, October 16th

**Time:** 5:30-8:00

**Where:** Rees' Fruit Farm

**Activity:** We will be getting a  
personal hayrack-ride tour of the apple  
orchard where we can pick a pumpkin  
and do other many other activities.

## Educational

October 6th: Homework Study Program  
4pm or 5pm. Rice Community Center.  
FREE!!

October 14th: Understanding how to  
save in today's economy. 1-1.5 hour  
sessions. Call 368-3791 for more  
information.

## Sports

October 1st-4th: 26th Annual Senior  
Olympics. For more information call  
368-3798.

October 31st: Middle School  
Halloween Dodgeball Tournament.  
8pm. Ages 10-13. Hillcrest  
Community Center. \$5. Call 368-3808.

All Month: Personalized Fitness  
Consultation. One hour classes.  
Oakland Community Center. \$10. Call  
368-2424 for more details.

## **Embrace Love, Stop Violence**

YWCA Week Without Violence

October 18th-24th, 2009

### **Every week in the United States:**

- Over 200,000 people stay in a domestic violence shelter or housing program
- Over 150,000 people call emergency domestic violence hotlines
- Nearly 60,000 victims of domestic violence request services that domestic violence programs are unable to provide.

### **Every week in Topeka:**

- 12 people stay in Topeka's only emergency domestic violence shelter
- 20 people call the YWCA's 24-hour emergency helpline

### **One week in October:**

- Our community stands up, embraces love, and stops violence.

### **October 18th: Reflection Vigil**

5-6pm, Lake Shawnee Botanical Gardens

### **October 19th: Chalk at the Capitol**

6-8pm, Kansas Capitol Building South Lawn

### **October 20th: Sin by Silence Film Screening**

7-8:30pm, at the Topeka and Shawnee County Public Library

### **October 21st: March and Rally to End Domestic Violence**

12-1pm, starting at the YWCA of Topeka and ending at the Blue Cross and Blue Shield of Kansas campus

### **October 22: Speak up, Speak out Teen Performance Art Night**

7-9pm at The Break Room

### **October 23: Empowerment Now! Self-Defense Class**

12-1pm or 5:30-6:30pm at the YWCA Health Arena

### **October 24th: Voices against Violence Featuring Katlyn Conroy**

9pm-midnight at Bosco's

\*For more information go to [www.ywca.org](http://www.ywca.org)\*

## Resource of the Month

### Family Support

The Center for Mental Health Services awards grants to statewide, family-run networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For more information contact:  
Keys for Networking, Inc.  
785-233-8732

### Mental Illness Awareness Week

Did you know that October 4th-10th is Mental Illness Awareness Week ? In 1990, the U.S. Congress established the first week of October as "Mental Illness Awareness Week" (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since 1990, mental health advocates across the country have joined together during the first week of October to celebrate. Real recovery from mental illness requires community action, understanding and teamwork. Recovery is possible because of improved science, better community supports and reduced stigma. But significant barriers still exist. Services are at risk, insurance can be insufficient and stigma, though less today than when MIAW was founded, is still prevalent.

### Volunteer Outing

Meet with the new volunteers to share personal experience stories, and offer advice!

Saturday, October 10th from **1-2pm**  
Meet at **Fairlawn Classic Bean**

### *Birthday Celebrations!*

Happy Birthday to:

10/12 Jean Menager  
10/23 Patricia Phillips



**Breakthrough House  
Compeer Program  
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### **Compeer Contact Information**

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**[www.breakthroughhouse.org/Compeer.html](http://www.breakthroughhouse.org/Compeer.html)**

### **2009 Nancy Perry Day of Caring September 18, 2009**

Over 1,200 volunteers chose to LIVE UNITED with colleagues and community activists throughout the Greater Topeka area during the 2009 Nancy Perry Day of Caring. The event kicked off with a special presentation and breakfast which revved up the community for United Way's Live United Campaign, **Don't Just Wear the Shirt, Live It**. Highland Park High School hosted the kick-off festivities.

Over 70 volunteers from Kansas Legal Services, Blue Cross & Blue Shield, and the Department of Corrections came out to support our programs here at Breakthrough House. Together, they were able to help build two new porches, wash and wax all of the vans, deep clean the Clubhouse, paint numerous rooms in many of our residential facilities, trim the hedges at the Clubhouse, and participate in our Lunch Buddies Program. We would like to thank all of the volunteers who came out to support Breakthrough House at this wonderful event.

All of us at Compeer would like to especially thank the volunteers who participated in the Lunch Buddies Program. The children and staff at Meadows Elementary had a great time and really appreciated the visit!