



**Greetings from Patricia**

It is the time of the year to reflect and give thanks for everything that we have experienced. Even during these times of economic unrest, we can always rely on friendship to fuel the needs of our existence. Friends and family come together to celebrate life and love. However, many people in this community do not have family and friends to turn to during this joyous time. This season of giving beckons you to come forward and comfort those less fortunate by simply giving your time. Spending a few hours a week with someone in need can make all the difference in their life. Compeer offers opportunities to give back to the community. A child or an adult is available now for you to experience the gift of giving. Please call me at 785-232-6807 x304 today.

**Greetings from Cheri**

First, I want to thank everyone who made it out to Skillbuilders this month. We had a great time enjoying one another's company, playing games, and eating snacks at the Clubhouse. Next month's Skillbuilders' event will be on Friday, December 18th. We will be going to the Winter Wonderland Christmas light drive at Shawnee Lake, and eating a Holiday meal at the Clubhouse. The event will begin at 6:00pm. Transportation to and from the event will be provided to those who need it. If you are interested in attending or volunteering for the event please contact me at 232-6807 x 305.

Compeer will also be hosting a Youth Holiday Celebration on Saturday, December 12th from 1-5pm. We are meeting at the Westridge 8 movie theatres in the lobby. Each youth attendee will be matched one-to-one with a volunteer for the afternoon. We will watch a movie, play in the arcade, and go shopping at the mall. All youth should be picked up at the Bath and Body Works mall entrance at 5pm. We are also looking for volunteers to help with the event. Please call me to RSVP as soon as possible.

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**Volunteer News**

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

We have decided to postpone the Christmas party until after the Holiday season due to conflicting schedules. Be checking your email for updates.

## ***Breakthrough House News!***

### ***Greetings from Glen***

As I write this article, Thanksgiving is rapidly approaching and Christmas is around the corner. As is usually the case, the commercials on television are beginning to remind us that the holiday season is a time to be with family and a reason for celebration— a time full of joy, happiness, and good cheer. But, for many people, the holidays can be a time of loneliness, sadness and despair. This is particularly true for persons with mental illness. Many of them already experience loneliness and a sense of isolation most days of their lives, and the approaching holidays only heighten those feelings. The help these individuals need is often something beyond what traditional therapy can offer. They need what most of us need— the support of a friend. But, they need a special kind of friend, a Compeer friend.

Compeer means companion, friend, and equal. Compeer seeks to alleviate the pervasive isolation, loneliness, and misunderstanding that often accompanies mental illness by matching trained community volunteers with consumers of mental health services in a variety of supportive relationships. Right now the Compeer Program at Breakthrough House has a waiting list of adults ready for a match—people who want and need a Compeer friend. What better time to call and volunteer? It just might be that telephone call or conversation over a cup of coffee that could make someone's holiday a little brighter. The time you are willing to give could make all of the difference.

*-Glen Yancey, Breakthrough House Executive Director*

### ***Consumer Assistance***

The consumer assistance staff would like to wish everyone Happy Holidays. Stock up on food and supplies this month just in case we get snowed in a couple of days. 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 and not get out. The payee department will be closed December 25th, 2009 and January 1st, 2010. If you have questions or concerns please call Lynn or Ashley at 232-6807.

### ***Clubhouse***

The holidays are flying in and will soon be over. Clubhouse members as always find good and bad news in these days. Memories of times much brighter and joyful crowd these days for them and people everywhere. Good memories are healing and welcome, and yet bring with them grieving for the many losses. And the more years we live, the more memories we accrue. The Clubhouse strives to bring positive thoughts and actions into members' daily lives, along with the meaningful work and group activities in each day. And though the holidays are difficult for most, members continue on the journey to mental health...Happy and Peaceful Holidays to all.

*-Jim Mosbacher, Clubhouse Director*

# DECEMBER EVENTS

**Winter Wonderland:** 12/1-12/31. 6-10 pm each night. Reynolds Lodge, Lake Shawnee. View one million lights while winding through a two-mile scenic drive at Lake Shawnee. \$7 per vehicle. \$1 per person in a bus. All proceeds benefit TARC.

**Winter Wonderland Pet Night:** 12/3. 5:30-8:30pm. Reynolds Lodge, Lake Shawnee. A unique evening of fun with your pets and Santa. Pets will get treats, and you can take pictures with Santa!

**Evening Festival of Trees:** 12/3-12/6. 5:30-9:30pm. Ag Hall, Topeka ExpoCentre. A family Christmas Celebration with special entertainment and finger food. Contact Jannett Wiens 785-266-8686 for more information on the event.

**Breakfast with Santa:** 12/5. 9am-12noon. Paris Community Center. \$6 per person. Ages 2 and under free. For more information call 785-862-1630.

**Alice in Wonderland:** 12/5. 10:30am & 1:30pm. Andrew J & Georgia Neese Gray Theatre. \$3 at the door. Call 249-4951 for more information.

**Children's Railroad Activity Days:** 12/6. 1-4pm. Great Overland Station. \$4 Adults, \$2 Children. Railroad games, interactive stations, and other activities. Call 232-5533.

**Rossville Christmas Festival:** 12/12. Rossville Community Center. FREE!! Holiday homes tour, lighted Christmas parade, chili supper, Santa's workshop, and more. Call 584-6730 for details.

**Public Ice-Skating:** 12/12, 12/19, 12/20, 12/26, 12/27. Landon Arena, Kansas ExpoCentre. \$5 Admission, \$2 Skate Rental. Call 297-1000 to find out what time it opens.

**Sounds of the Season:** 12/14. 7:30pm. White Concert Hall, Washburn University. Topeka Festival Singers will perform "Sounds of the Season". Contact Marilyn Foree at 267-3500.

**Laughing Matters:** 12/31. Topeka Civic Theatre. Each show is a blend of outrageous comedy sketches and audience participation games. Call 357-5211 for more information.



All of us at Breakthrough House want  
to wish all of you a safe and happy  
holiday season!



## December 2009: A Month For Fun & Interesting Holidays



### December 2nd: Special Education Day

-This is the anniversary of the nation's first federal special education law in 1975. Use this day to honor progress and celebrate students with disabilities- and their parents, teachers, & schools.

### December 5th: Bathtub Party Day

-The luxury of soaking in a tub has become a favorite past-time for many of us. However, we get so busy in our society that we often forget to take the time to have a leisurely soak. This day is dedicated to doing just that, so fill up your bath tub and relax.

### December 7th: National Cotton Candy Day

-Did you know that cotton candy was originally called fairy floss? In 1920 fairy floss was renamed to cotton candy. Cotton candy contains only one ingredient... sugar. Yum, Yum!!

### December 12th: National Ding-A-Ling Day

-On National Ding-A-Ling Day you should all brace yourself... It has been said that this is a day for people to act, "a little weird". So expect strange behavior from all of those around you!

### December 16th: National Chocolate Covered Anything Day

-Chocoholics rejoice! It is a great day to indulge, pig out, and consume in excess your favorite food... CHOCOLATE! The timing of this day, during the Holiday season, couldn't be better. In the giving spirit of the season, make sure to give some of your favorite chocolates today.

### December 17th: National Re-gifting Day

-Reduce, reuse, recycle...re-gift. According to research, the third Thursday in December is the most common day of the year for office holiday parties. And also according to research, an estimated 4 out of every 10 people will re-gift the presents they receive at these parties!

### December 21st: National Hamburger Day

-During my research, I found that there are three separate days during the year when people celebrate National Hamburger Day, May 19th, July 28th, and December 21st. However, since I absolutely LOVE hamburgers, I am declaring December 21st the TRUE National Hamburger Day!

### December 25th: Christmas

-Modern customs of Christmas include gift giving, church celebrations, and the exchange of cards. Christmas is a time for giving, counting our blessings, and placing others first. All of us here at Compeer want to wish you a very blessed day!

### December 26th: National Whiners Day

-"What do you mean no Christmas Bonus this year?" "That orange tie is soo ugly!" The day after Christmas is known to make people whine. Let us instead, be grateful for what we have, than what we don't have. Celebrate with a "Whine and Geeze" party with friends!

### December 31st: Universal Hour of Peace Day

-"Peace is the center of our breath." The Universal Hour of Peace encourages citizens of the world to contemplate and embrace peace as part of our nature.



## Resource of the Month

### Winter Wonderland A Celebration of Lights

This is the 11th Annual Winter Wonderland A Celebration of Lights, benefit for TARC. For more information about the event, please contact Debbie Baumgartner at 232-0597 x 398. Come enjoy the beautiful lights and support a wonderful cause.

### Tell Someone They are Doing a Good Job Week: December 7th-13th

One often forgotten component of overall health is our emotional health. Our feelings have important implications for how we view ourselves, our relationships, and the world around us. The ability to maturely face and express these feelings can help us to meet life's challenges without becoming overwhelmed or hopeless.

One step towards emotional wellness is being able to learn to give to others. Recognize and tell someone that they are doing a good job. You will not only be boosting their health, but you will also be boosting yours.



### Skillbuilders Christmas Party

When: Friday, December 18th

Where: BTH Clubhouse

Time: 6:00 pm– 9:00 pm

Join Compeer for great food,  
and to look at Christmas lights.

### *Birthday Celebrations!*

Happy Birthday to:

12/11 Jaylyn B.

12/17 John G.

12/19 Jill P.

12/23 Beckie D.



**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)**

#### Winter Word Search

artic	blizzard
boots	coat
cold	flurries
freezing	frost
hat	hockey
ice	icicles
igloo	jacket
mittens	plow
scarf	shovel
skates	skis
sled	sleet
slippery	slush
snowball	snowflake
snowman	snowy
toboggan	winter

u j j m z b r u s u w f c z d  
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