

# BREAKTHROUGH HOUSE, INC.

Compeer Connection



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## Greetings from Glen

Christmas has come and gone for another year, and 2010 is fast approaching. I have never been one to make New Year's resolutions, but others do, so I thought it would be interesting to see what some of them are resolving to do. I got on the Internet and Googled the topic, and turned up several lists of favorite resolutions. At the top of one list, was "spend more time with family and friends." This isn't exactly a resolution for me, but I have informed the Board of Directors at Breakthrough House, Inc. that I will be leaving at the end of April 2010, and one of my goals when I leave is to do just that—spend more time with family and friends. One of the more interesting finds in my search was a resolution that turned up on several lists: "help others", or "volunteer to help others." This is one of the easiest resolutions to make—and one of the most rewarding to keep. For example, volunteering to become a Compeer friend is as easy as contacting Cheri or Patricia at the Breakthrough House office and telling them of your interest in helping improve the life of an adult or youth with mental illness, or a child with an emotional disorder. They will get you started right away. It won't take a lot of your time, but what you give can make a positive difference in the life of the person you help. Make helping others in this way one of your New Year's resolutions. Call 232-6807 today. You'll be glad you did.

-Glen Yancey, Breakthrough House  
Executive Director

## Greetings from Patricia & Cheri

Happy New Year! The holidays brought us joy and provided a quite time for reflection to befriend a person in need. Breakthrough House, Inc. Compeer Program provides opportunities for you to help. We have fun new activities planned for the coming year. We challenge you to get involved in any way possible. Come be a part of the Compeer Program. Please contact us at 232-6807 ext. 304 or ext. 305.

We would like to thank everyone who was able to attend December's Skillbuilders' Event. We had 35 people in attendance! If you did not get to check out TARC's Winter Wonderland this year, please make it out next year. They did a fabulous job with the Christmas lights.

HAPPY  
NEW YEAR

## **Breakthrough House News!**

### **Consumer Assistance**

Happy New Year from Consumer Assistance. This year check out the free monthly series offered on Money Management at the library. The series is titled "Toolkit 4 Life". The monthly sessions are listed as follows:

January 6, 2010	Options for Paying Your Taxes
February 3, 2010	Getting By On a Dime
March 3, 2010	Fun 4 Less
April 7, 2010	Go Green to Keep Green
May 5, 2010	Money Strategies That Work

These programs are held on Wednesday nights at The Topeka and Shawnee County Public Library from 7:00pm to 8:45pm, 1515 SW 10<sup>th</sup> Ave., 785-580-4400/www.tscpl.org.

Ask Lynn or Ashley for a brochure if you are interested in more information.

### **Clubhouse**

One of the highlights of this holiday season was our night of caroling. Nine clubhouse members and staff went to two nursing homes and sang O COME ALL YE FAITHFUL, SILENT NIGHT, and seven other well known songs. The singing and camaraderie was much enjoyed by clubhouse members and residents of the facilities...And we learned again the musical adage that it is much better to sing with piano accompaniment than without. And we learned that it's much better to sing a song in one key rather than two or three keys at the same time...To everyone's good fortune and enjoyment, one of the nursing homes had a piano which assisted us greatly in "all in the same key singing."

Before leaving the facilities we spent time with many of the residents. Sharing, shaking hands, and talking about the holiday season gave a deeper meaning to this time. And really, this sharing and caring is what both the holiday seasons and the clubhouse program are all about...

Merry Christmas and Happy New Year

*-Jim Mosbacher, Clubhouse Director*

### **Residential Services**

HUD (the US Department of Housing and Urban Development) is celebrating the 50th anniversary of the legislation that created funding for affordable housing for some of our consumers.

# JANUARY EVENTS

**January 2nd: Kids Night Out**, presented by the Scotty "D" Memorial and the Topeka Roadrunners. Topeka Expocenter. Activities 4:30-7:00 p.m., Roadrunners Game 7:05 p.m., Ice Skating with the Topeka Roadrunners following the game. To get tickets go to will call on the evening of the event, and say that you are with the Breakthrough House, Inc. Compeer Program. **FREE!!**

**January 3rd: Hybrid Visions by Ken Butler.** Exhibit includes 60 of the artists inventive hybrid instruments such as film reel and tennis racket guitars, cowboy boot violins, and ax cellos. This is an all day event. Call 234-2644 for more information.

**January 1st– January 31st: The World Will Move:** Civil Rights and Public Transportation, 1860's to 1950's. Brown vs. Board of Education National Historical Site. For information call. 354-4273.

**January 7th: Crane Observatory Open House.** 6:30-8:00 p.m. Washburn University. Open to the public FREE of charge. Contact Christine Nisbeth for more details at 670-2264.

**January 9th: Saint George and the Dragon, by the Paul Mesner Puppets.** Washburn University Campus, Andrew J. and Georgia Neese Gray Theatre. 10:30 a.m. or 1:30 p.m. We have 10 tickets at the Breakthrough House Office. Stop by and talk to Cheri to get your **FREE** tickets today! Brought to you by the Performing Arts for Children.

**January 15th-February 6th: Nobody's Perfect** a romantic comedy by Simone Williams. Topeka Civic Theatre. For more information call 357-5213.

**January 23rd: Juggling! Comedy! Energy! By Brian Wendling.** Washburn University Andrew J. and Georgia Neese Gray Theatre. 10:30 a.m. or 1:30 p.m. We have 10 tickets at the Breakthrough House Offices. Stop by and talk to Cheri to get your **FREE** tickets today! Brought to you by the Performing Arts for Children.

**January 25th-March 12th:**

**Online Training Course.**

Easter Seals Project Action hosts an online course, "Forming Partners with Transit".

Apply by January 8th. Contact

Donna Smith at FPWT@easterseals.com or by telephone 800-659-6428. **FREE!!**

**If you are looking for more events around the community, please go to, [www.topeka.org/calendar.shtml](http://www.topeka.org/calendar.shtml).**

## Volunteer News

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

We are organizing our files. I sent out an email a couple of weeks ago letting each of you know what you are missing in your file. Please make an appointment with me ASAP to get this taken care of! Also, be checking your emails for a list of monthly reports that I am missing from each of you! Thank you very much for your help with these housecleaning issues!



## January 2010: A New Year = New Holidays!



**January 1st: New Year's Day.** Today marks a new year! A day to get rid of the bad, old habits and adopt new, good habits!

**January 2nd: Drinking Straw** was patented on this day in 1888.

**January 3rd: Festival of Sleep Day.** It is an opportunity to sleep in, snooze, doze, nap, and catch 40 winks. However, it is not a day to sleep at work!

**January 6th: Bean Day.** We suggest that you celebrate this day by eating beans.

**January 8th: Bubble Bath Day.** Today is the perfect day to relax and enjoy the soothing pleasures of a bubble bath.

**January 10th: Peculiar People Day.** This day is in honor of uniquely different people. Un-ordinary, extraordinary, unusual, strange, odd, uncommon, intriguing, different, abnormal, and quirky. Today is the day to look for the good in your peculiar acquaintances.

**January 11th: Milk Day.** Milk was delivered in bottles for the first time on this day in 1878.

**January 14th: National Dress-Up Your Pets Day.** Instead of buying yourself that new outfit at the store, do some shopping for your furry friend today!

**January 15th: National Hat Day.** Sit aside, wear, and enjoy a hat of your style and flair today.

**January 17th: Benjamin Franklin's Birthday.** Born in 1706, Benjamin Franklin was one of the founding fathers of the United States.

**January 17th: Ditch New Year's Resolutions Day.** If there is a day to celebrate New Year's Resolutions, then there should be a day to celebrate ditching them. That is the purpose for today!

**January 18th: Dr. Martin Luther King Jr.'s Birthday.** Born in 1929, Jr. was an American clergyman, activist, and prominent leader in the African-American civil rights movement.

**January 20th: Penguin Awareness Day.** Spend today learning about and appreciating one of the few natives from Antarctica.

**January 21st: National Hugging Day.** Show some affection to the people you care about today, and give them a hug!

**January 24th: Compliment Day.** Today is a great day to say something positive to the people that come in contact with everyday. Everyone has good attributes... yes, everyone!

**January 25th: Opposite Day.** Opposite day is a topsy, turny day where everything you say, do, see, and hear is opposite. If you say go right, then go left. If you see your left foot, is it really your right?

**January 27th: Chocolate Cake Day.** There are three objectives of chocolate cake day: To bake a chocolate cake, to decorate a chocolate cake, and to eat a chocolate cake!

**January 28th: Fun at Work Day.** Think of ways to make your job more fun and exciting on this day! Look to do some fun things at work today even if it takes away from production... just a little.

**January 31st: Backwards Day.** This day should be celebrated by doing everything backwards. Wear your clothes backwards, write backwards, or read backwards. Have fun with the day!

## Resource of the Month

### Kansas Child Identification Program

Keep your child safe. Visit [www.kansaschip.org](http://www.kansaschip.org) to learn more information about ways to keep your child or children safe here in Kansas.

(Please note that this website does not discuss implanting microchips into children.)

### National Blood Donor Month

Blood is traditionally short in supply during the winter months due to the holidays, travel schedules, inclement weather, and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

Every day in our country, approximately 39,000 units of blood are required in hospitals and treatment facilities for patients with cancer and other diseases.

Please help to ensure that these patients get the blood that they need because it is the blood on the shelves that helps save patient's lives.

If you are at least 17 years of age, weigh 110 pounds, and meet other requirements you can be a donor. Contact the Topeka American Red Cross today at 785-354-9236. You can make a difference in someone's life!

### January Skillbuilders' Event

Time, place, and activity will be announced soon. We are still finalizing plans. Be checking your email and postal mail for details.

### *Birthday Celebrations!*

Happy Birthday to:

Ryan V. 1/11  
Jenny C. 1/16  
Norma L. 1/25



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

### **Compeer Contact Information**

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**Fax Number:** (785) 232-0751

**E-mail:** [ctopeka@yahoo.com](mailto:ctopeka@yahoo.com)

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

### **January's Word Scramble**

Directions: Cover up the answers, and unscramble the letters to form a word or phrase.

- 1.) tnewir lwodarendn
- 2.) womsnan
- 3.) ilccesi
- 4.) ltrecic kabetnl
- 5.) lcimussa
- 6.) xten ot het rief
- 7.) gdsleind
- 8.) llwnobas tifhg
- 9.) wne resay teroonuils
- 10.) eaecp

Answers:  
1.) winter  
wonderland  
2.) snowman  
3.) icicles  
4.) electric blanket  
5.) musicals  
6.) next to the fire  
7.) sledding  
8.) snowball fight  
9.) new years  
resolution  
10.) peace