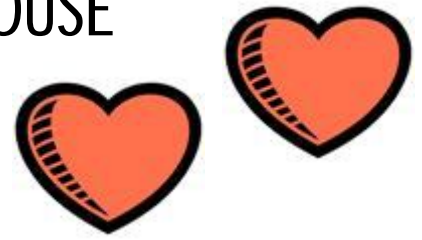


# BREAKTHROUGH CLUBHOUSE

## NEWSLETTER

### FEBRUARY 2010

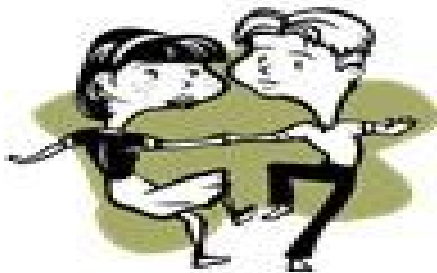


### **Valentine's Day Party**

What a great time we had! The atmosphere was relaxing, the music was suitable to dance to, the decorations were festive, and the time was appropriate to get home at a reasonable hour. On top of all that, the food was outstanding! The menu consisted of BBQ chicken legs, vegetable tray with Ranch dressing, candy Valentine hearts, cookies, and ice cream. The fruit punch was served from a tiered fountain that was so elegant.

The Clubhouse looked homey yet festive. Even though the lights were dimmed, the atmosphere was bright. The party offered the chance to socialize, interact with peers, and laugh with friends.

Attendees from the main office at 6th and Topeka were Glenn, Cathy, Patricia, and Cheri. I had the honor of dancing with Glenn. There was never a dull



moment as members were dancing all evening. The members from Tyler, Keredel, and Clay houses joined the party, also.

Two gift prizes were given out which consisted of CDs of the music played at the party, a Valentine's Day card, and candy.

There was a concern of numerous members. The concern was, "When is the next party?"

Jasmine M.

### **Making a Difference**

Twenty-six years ago, Jim took me off the streets and saved my life. I had been suffering from mental illness and was self-medicating with alcohol. My troubles with alcohol put me in jail many times; I served two four-year prison terms.

Recently, I was able to get a connection with God that turned my life totally around. With God's help and the support of my family, I have been able to resolve my mental health issues.

I am now able to donate my time and give back to Breakthrough House. I love

to work with other clients that remind me of how I was and to maybe help bring them to where I am today. I also help in the kitchen because I love to cook.

Being able to volunteer at Breakthrough is fulfilling a passion I have to help others like myself. Breakthrough can make a difference in the lives of people who are struggling with mental health issues.

Thank you to the staff at Breakthrough for making a difference in my life.

Lawrence L.

## Responsibilities of a Job



I have worked for Hardee's for four years as the head back-line cook at the 6<sup>th</sup> and McVicar location. Usually I work from 2:00 to 10:00 p.m. for up to 40 hours a week.

There are many cleaning duties for which I am responsible. The vent hoods are cleaned, the dishes are washed and sanitized, the sandwich and fry stations are taken apart for cleaning then reassembled, the counters are sanitized, and the kitchen floors are mopped.

Restocking duties for which I am responsible are: unloading supplies from trucks such as hamburgers, chicken patties, French fries, sausage, onion rings, and apple pies then filling the supplies of paper bags, straws, napkins, new oil for the fryers, mayonnaise, ketchup, BBQ sauce, sweet & sour sauce, pickles, lettuce, onions, tomatoes, cheese, mustard, and buns.

To fry hamburgers you need to be fast and follow the specific orders as requested by customers such as putting on the correct condiments as it seems each order is different. If another employee doesn't show up for work, then I need to do my assigned work plus that of the absent worker.

I love my job, but there are always parts of any job that you like better than other parts. Training new employees is my least favorite part of the job. You have to be strict and authoritative, yet be nice so the new employee will stay on the job.

Keith P.

## GROUND HOG DAY

It's everyone's guess why the groundhog is singled out for special attention on February 2. If the sun is shining on February 2 in Pennsylvania where the "official groundhog" lives, then ALL the animals and people will see their shadows, not just the groundhog!



February 2 was one of the days that I was scheduled to “play Liberty” in front of the tax office so that means that I saw MY shadow.

There is some truth to the “shadow theory”. If the sun is out, it means that the jet streams are still in their winter location and that brings cold, dry air. If it is cloudy, it means that the winds might be shifting bringing warmer air. But if it is cold and snowy, I assume that indicates winter isn’t over yet.

If you saw the movie, *Groundhog Day*, you can relate to people who experience February 2 several days in a row. Only one person would be aware of the day repeating. They’ll know it is repeating if they hear the song “I Got You Babe” by Sonny and Cher. There is no explanation for why the day would repeat except that it was a screenwriter’s imagination.



Day and night are of equal length on March 21. Around this time of year, the daffodils appear in Kansas, the grass starts to turn green, and the trees begin to bloom. This is related to the earth’s axis (whatever that is). It has nothing to do with animals seeing their shadows!

Shadows are visible whenever it is sunny regardless of the season.

We should all take advantage of sunny days and take long walks. We’ll never walk alone because our shadows will always be with us.

One serious question remains. “Where does my shadow go on cloudy days?”

Barb M.

## Who is Cheri stortz?

Regina U. learned these things about Cheri in an interview with her.

“What do you do at Breakthrough House?” *I work in the offices with the Compeer program. Compeer matches friendships on a one-to-one basis.*

“What is your title?” *Compeer Coordinator*

“How long have you been with Breakthrough House?” *A little over six months; I like the job.*

“What part of your job do you enjoy the most?” *I enjoy skillbuilders the most because I get to participate with everybody.*

“What are your plans with Breakthrough House?” *Just to keep thinking of fun activities to do. I always try to find more volunteers so more people can be helped.*

“What jobs have you had in the past?” *I worked three years as supervisor at Timberline Steakhouse.*

“What’s in your future?” *Eventually, I’m going to go to graduate school to earn my Master’s degree.*

“Where are you from?” *Concordia, Kansas*

“Are you married?” *No, but I have a very good boyfriend. I don’t want to rush into anything.*

“What about your family?” *My family lives in nearby towns about an hour away in each town.*

“What are your hobbies?” *I really like to play softball and volleyball. I enjoy movies, like to read girly books, and love to travel. I’m very family oriented. My family plays a lot of different card games.*

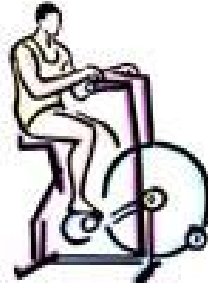
Regina U.

## WHY WE SHOULD EXERCISE

Regardless of age or health problems one might have, exercise is very important.

We should exercise to help improve our overall performance, balance, flexibility, and coordination. Let’s not forget one’s need to improve mental health. “If one looks good, they feel good in mind, body, and soul.”

A good 10 to 20 minute workout helps your heart. You’ll be surprised of the number of calories you burn, promote good circulation, and build self-esteem.



When I started exercising, I had problems walking and my balance was off due to problems in my knees. Now, I’m a new person!

Come see for yourself how exercise can be helpful for you. A regular 10 to 20 minutes of exercise will have a profound effect on your overall health. Every Monday, Wednesday, and Friday from 3:00 to 3:30 there is an exercise group in the exercise area of the Clubhouse. See you there!

Delorse O.

## Let’s Work!

Recently the newspapers reported that many underserved mentally ill people end up in jail when they have problems.

There will be no money saved if we skimp on mental health services. It would cost less to provide help when needed rather than say, “sink or swim”. Jail costs more and that is not a place for someone who has mental illness.

We need to keep Valeo and related clinics well-staffed and eliminate the waiting lists to see that those with

mental illness are provided for. The Rescue Mission isn't equipped to deal with severe mental illness even though they try. Breakthrough House has no doubt saved many by providing a healthy family environment and preventing the problems people would face if there was no "social" place to go. We need to be able to have Breakthrough open evenings, weekends, and holidays because those are times that many people are alone.

It would cost less and improve life for everyone if those with mental illness would be helped with medical care, housing, food, and a job.

People on SSI are only allowed to earn a small amount each month. Few employers will hire for that few of hours. We need a way that people can earn some money every month because they really need it! Any place that pays wages of \$7.25 per hour and provides easy, but useful, work isn't like the "sheltered" workshops of the past where people earned pennies.



Breakthrough used to have fun, paid work projects that were like temporary jobs and there was no labor shortage. The clubhouse isn't allowed to have "workshops" anymore, but somebody else could set up a "PRN" work center where some easy, useful work could be done. This would also get people connected to employers where several people could share a simple job. This

could be for anyone who has a disability that limits the person's ability to work a lot.

There used to be some small four-hour-a-week jobs as late as the 1990's for people on SSI. Someone I know did



cleaning at the YWCA. Until the Medicaid "spend down" rule is changed, we will need a way for people to earn just what they are allowed to keep. Also, there should be a way

that people could have jobs where they work eight to sixteen hours per week.

Mentally ill persons are able to handle a job, but only have enough "pep" to handle a few hours. Medications that many people take make them tired and lethargic, but they can handle three or four-hour shifts. There must be a way to carve out some simple jobs that only require time and a pair of willing hands.

I miss the paid work at Breakthrough, but I'm thankful that Liberty Tax uses "wavers" to advertise. This is my third year as a "dancing Liberty".

Maybe some small businesses would be willing to pay someone to do some cleaning for a few hours per week. If we help them realize how small jobs for people with mental illness would be a boast for the community, all the money earned would circulate in Topeka and enrich everyone!

Barb M.

## Clubhouse Hours

Mon, Wed, Fri .. 9-6:30 pm

Tues & Thurs.... 9-7:30 pm

Holidays ..... 12-4 pm

## Clubhouse Staff

Jim..... Director

Michri..... Asst. Director

Andre..... Kitchen

Joe ..... Maintenance

Patricia ..... Clerical

## Meals

(Cost is \$.50)

(\$.25 for group home residents)

Monday ... (FREE)..... noon

Tues through Fri ..... noon

Holidays.... (FREE)...1:00 pm

Mon, Wed, Fri.....5:30 pm

Tues & Thursday.....4:30 pm

## Van Hours

(Cost is \$.25 each way)

(\$.10 for group home residents)

Rides ..... 8 am & 4 pm

Tues & Thurs nights...7:30 pm

Holiday rides ... 11 am & 4 pm

