

# BREAKTHROUGH HOUSE, INC.



## Greetings from Patricia and Cheri

Do you have a heart for volunteering?

All of us are occasionally befriended by someone who touches our lives. That someone cares about our well-being without expecting anything in return. They believe in us and we are encouraged to believe in ourselves. Friendship can be a powerful medicine. Memories may fade, but the impact of a trusted friendship lasts a lifetime. Be the kind of friend that you remember. Be a Compeer friend.

Thank you to everyone who attended last month's Skillbuilders' outing. Although the day did not go as planned, we still enjoyed fellowship with one another, and had a great lunch! This next month we will be keeping with the Valentine's Day theme...be checking your mail in the next couple of weeks for updates on the event!

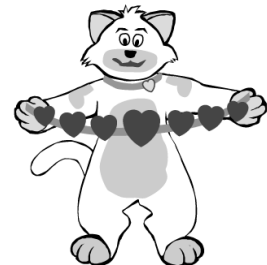
## Greetings from Glen

My wife, Gayle, is the Children's Ministry Consultant at our church, and at her last meeting with the pastor, he mentioned that he would like to start a busing ministry to help bring children into the church. He was surprised when she told him that had been tried once but was unsuccessful. As we talked, I recalled when that occurred; how Gayle and the pastor and canvassed the area surrounding the church on foot, going house to house, Saturday after Saturday, trying to get families with children to give it a try. I also remember visiting with the pastor during that effort and asking him how he could keep going in the face of all the rejection he and Gayle were experiencing. I will never forget what he told me. He said, "Well, I guess I believe that we just need to keep doing the faithful thing and trust that some good will come from it." That's a pretty good philosophy—whether you're a pastor, a church worker, or a volunteer in a mental health program. Sometimes things can get pretty frustrating, but the knowledge that good can—no, will—come out the work we are doing, can keep us going. Try it. It really works.

*-Glen Yancey, Breakthrough House  
Executive Director*

### Inside this issue:

Compeer News	1
Breakthrough House News	2
February Events	3
Volunteer News	4
February 2010 A Month for	4
Monthly Resource	5
Birthdays	5
Mentally healthy...	5
Sudoku	6



## Breakthrough House News!

### **Consumer Assistance**

Budget and save for something special this year. Following is a simple budget form to get you started. If you have questions please call Lynn or Ashley at 785-232-6807.

#### **INCOME**

Social Security Benefits \_\_\_\_\_

Wages \_\_\_\_\_

Other income \_\_\_\_\_

Total \_\_\_\_\_

#### **EXPENSES**

Rent \_\_\_\_\_

Food \_\_\_\_\_

Utilities \_\_\_\_\_

Hygiene \_\_\_\_\_

Cleaning Supplies \_\_\_\_\_

Miscellaneous expenses \_\_\_\_\_

Total \_\_\_\_\_

Total income minus(-) \_\_\_\_\_

total expenses=

(The amount you have left over to save or spend)

### **Clubhouse**

Weathering the cold and snowy weather has certainly been one of the themes of the clubhouse for the past month. Snow, cold, snow, even more cold...One result of this rush of tough weather was a closed clubhouse on Christmas Day. This is the first time such has happened in thirty-one years. With eleven inches of snow on the ground there was no way anyone could be at the building to open the doors.

Members of the clubhouse then had their Christmas day meal and presents on New Year's Day. And boy did they turn-out! Eighty-eight members were present on New Year's Day for lots of food and wonderful presents. Many of these gifts were donated by the seven branches of CAPITAL CITY BANK. Each of these banks allowed Breakthrough to put Christmas trees with members' wishes attached to the tree branches. Customers and bank employees then picked one or two as they passed these trees, and endeavored to meet the wish. We are deeply grateful to the banks and their customers for their compassion and Christmas spirit. From all the members to you all.....

"THANK YOU AND HAVE A HAPPY AND HEALTHY NEW YEAR!"

*-Jim Mosbacher, Clubhouse Director*

# FEBRUARY EVENTS

**Pawnee Indian Museum– Digging in the Past. 2/3-2/28.** Kansas Historical Society. For more information contact Richard Gould at 361-2255.

**First Fridays Artwalk. 2/5. 5:30-8:30 p.m.** Monthly self-guided tour showcasing Topeka's visual art's community including galleries, museums, and other venues. For more information call 271-0065. **FREE to ALL!!**

**Storytime at Barnes and Nobles. 2/6, 10:00 a.m.** Lyla the Lovesick Ladybug, by Joe Troiano. For more information call 273-9600. For other events at Barnes and Nobles go to <http://store-locator.barnesandnoble.com/store/2726>.

**The Last Great Silent Picture Show. 2/6-3/21.** Mulvane Art Museum, Washburn University. Photographs from 1910–1930 by Kansas City Photographer Orval Hixon. For more information call 670-1124.

**Older Kansans Day at the Capitol. 2/9.** Come visit your state Legislators in Topeka. Educate and advocate for services and programs for Kansas seniors. For more information call 296-4986.

**Jim “Mr. Stinky Feel” Cosgrove. 2/13, 10:30 a.m., and 1:30 p.m.** by Jim Cosgrove & the Hiccups. Washburn University. Andrew J. & Georgia Neese Gray Theatre. We have **10 FREE** tickets for this show. Contact Cheri at 232-6807 for more information.

**Depression and Bi-polar Support Alliance. 2/17. 6:30 p.m.** Valeo Behavioral Health. 330 SW Oakley Ave. Group meets on the third Wed. of every month.

**Kansas Garden Show. 2/19-2/21.** Landon Arena, Kansas ExpoCentre. \$6 for adults, children 12 and under are free. For more information, or to purchase tickets please call 297-1000.

**Living with Diabetes Support Group. 2/23. 10:00 a.m.** Cotton O'Neil Diabetes and Endocrinology Center. Group meets every Tuesday from 10-11 a.m.

**Arab Shrine Circus. 2/26-2/28.** Landon Arena, Kansas ExpoCentre. Tickets available at ExpoCentre box office, Hy-Vee, Dillons, and the Arab Shrine Temple.

**Fourteenth Annual Kansas Silent Film Festival. 2/26-2/27. FREE to ALL!!** The best of silent comedy and dramatic films, with live musical accompaniment. White Concert Hall, Washburn University. For more information go to <http://www.kssilentfilmfest.org/kssff2010/index.html>.

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

## February 2010: A Month For Fun & Interesting Holidays

### February 2nd: Ground Hog's Day

On this day in mid-winter the ground hog awakens from a long winter's nap, and goes outside his den to see if he sees his shadow. According to legend, if the groundhog sees his shadow (a sunny morning) there will be six more weeks of Winter. However, if he does not see his shadow (a cloudy day) spring is just around the corner!

### February 4th: Thank a Mailman Day

Thank a Mailman Day is your chance to say thanks to the guy or gals who delivers your mail. After all, they are there six days a week. The reliable postal worker is always doing his/her job regardless of the weather. So do not forget to thank them on this day!

### February 8th: Kite Flying Day

In the middle of winter? Yes, it is amazing that this is the day of the year chosen for "Kite Flying Day". If the weather is good today, we have one thing to say to you, "Go fly a kite!"

### February 12th: Opening Day for the Olympics

Once every four years, the world's top athletes meet to compete in the Winter Olympics. This year's Olympics will be held in Vancouver, British Columbia, Canada.

### February 14th: Valentine's Day

The roots of Valentine's Day goes back to ancient times, when people paid honor to the Roman God of Fertility. This was known as the feast of Lupercalia, and was celebrated even then on February 14th.

### February 17th: Random Acts of Kindness Day

Don't forget to perform a few acts of random kindness during this day. Almost any kind deed will do. And, we highly recommend that you perform kind acts on as many people as you can.

### February 20th: Cherry Pie Day

Cherry pie is America's second most popular pie, behind only apple pie in popularity. However, in the month of February it is number 1.

### February 26th: National Pistachio Day

Pistachios grow on trees. It is a long wait to get the first nut. It takes 7-10 years for a tree to mature. People in the Middle East call it a "smiling nut" and in China it is called the "happy nut".

### February 28th: Public Sleeping Day

Public sleeping day is a day to sleep in public. We can think of a whole lot of places to sleep in the public eye. And, today is the day to do it!

## Volunteer News

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

This last month has been a very busy month for our volunteers. I wanted to send out a special thank you to everyone for all of the things that you'all are doing. Without your help, Compeer would not exist! Thank you again!

## Resource of the Month

### Kansas Discount Prescription Drug Card

Kansas Drug Card, is a free discount drug card program for all Kansans. A person can save 10-20% on name brands and 20-75% on generic brands. Cards can be used nationwide as well. To receive an ID card visit them on-line at [www.KansasDrugCard.com](http://www.KansasDrugCard.com) , or call 379-0586.

### Birthday Celebrations!

Happy Birthday to:

2/17 K.K.  
2/21 M.A.  
2/23 K.B.



We hope you have a great day!

### A Mentally Healthy Valentine's Day

Many people view Valentine's Day exclusively as a, "romantic day". Adults tend to forget that it is about friendship as well. Valentine's Day is a celebration to express appreciation of all loved ones. Here are some tips to keep your Valentine's Day fun:

1. **Give cards to family and friends:**  
*Let people know you appreciate the support and companionship they provide. It is a great day to let people know you value them and to express your gratitude.*
2. **Celebrate love with people and food:**  
*Have an 'Un-Valentine's Day Party', or make your favorite dessert. Indulging in your favorite food or attending a party with friends can help lift the loneliness of the day.*
3. **Pamper yourself:**  
*Allow yourself the leisure to take a bubble bath, watch a movie, read, etc. Just slow down and treat yourself!*
4. **Give back:**  
*Volunteer your time for a few hours to show care towards a stranger. Another simple way to show you care would be to cook dinner for someone that normally does all of the cooking.*

On Valentine's Day no matter if you are single or in a relationship, remember to celebrate the different types of love around you!

**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)

### **Sudoku**

It's easy to play Sudoku! Simply fill every column, row and 3x3 box so they contain every number between 1 and 9.

Don't go too fast! The game is easy to play but difficult to master!

		8	6		5		9	2
9						3	6	5
	1				2	4		
	6				7	9		
		2	1	8	3			
5			9	2		8		7
1	3	7	2					9
				1			3	
4	5	6	7					1