



Club Horizon Newsletter

Working Together Towards Recovery

November-December
2011

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Life Stories

My name is Patricia A. Perry. I was born in Camden, N.J. on August 26, 1964. In April of 1961, my two brothers and I were found in trash cans. They were 2 and 4 years old and I was 9 months old. Laying in front of the trash can! From there, we went into orphanages. They were adopted by the same family, but I went through 14 foster homes from 1964 to 1981! Anyway, a lot happened that caused mental illness, post traumatic, stress disorder, bipolar, borderline personality disorder, and anxiety. It's very hard for me to talk about it; it hurts too much. In 1993, I met my husband we were married exactly one year later. His name is Isaiah and he's from N.C. We moved here in February of 2010 and immediately I had to have heart surgery at Wake Med for the second time. The first surgery was in Jersey at Deborah Heart and Lung. I sat from February 2010 in my house, drinking, depressed, homesick, hearing voices, and seeing things that were not there until August of 2011 when I came to Club Horizon for the first time. I was afraid. I didn't feel like I would fit in and make any friends. We had a Christmas party on Dec 9, 2011 and for the first time, I cried because I was happy. I finally found a place I belong and I have friends that understand me and love me and I love them. I'm finally home.

-Patty P.

Growing Up with ADHD and Bipolar Part One

When I was three years old, I was very hyper. I jumped around a lot and my Mom had a hard time keeping up with me. That's the first thing my Mom noticed about me. I was born with ADHD.

At elementary school, I had a hard time focusing on my school work. I had to take my ADHD medicine at lunch time so I could keep myself focused and awake during the school day. I remember being in gym, running around, and playing with other children. I wore them out because I was being too hyper in gym. It was my favorite class of the day during the week.

I did get in trouble with teachers and I got sent to principal's office when I behaved badly. My principal called my mom every time I get sent to principal's

office by my teachers.

I went through my middle school and I had a hard time focusing on my school work during the day. I mostly got in trouble in 6th grade at school. Sometimes I was not paying attention to the sign language interpreter while my teacher talked in class. I got distracted easily when the students were laughing and horsing around while I was trying to finish my school work. I mostly missed what the interpreter said and I had to ask her to repeat it for me. I paid attention when teachers told students to be quiet. I still took my ADHD medicine since elementary school and I got good grades anyway.

-Jenna L.

To be Continued ...

New Year Resolutions Around Club Horizon



November

Shawn H. 11/1
Matt H. 11/1
Linda L. 11/5
Sherry T. 11/23
Shantik T. 11/27

December

Mark C. 12/4
Cole C. 12/15
Steffine G. 12/15
Krishana H. 12/22
Bradley G. 12/24

Healthy Lunches

The club house lunches have been progressively more healthy. We have been enjoying trying new recipes. Two club house favorites are the salad bar and vegetable soup. We have a great time working together around the kitchen island, dicing, chopping, slicing, and shredding ingredients. Aside from skills being developed, relationships are formed...not to mention eating more healthy foods.

Dean S.- I will lose weight by vacuuming and other physical tasks everyday that I attend PSR.

Linda M.- I will try to use the exercise equipment for 1/2 hour everyday.

William C.- I want to lose weight, get a job and to have my own apartment.

Adam C.- I want to move out of group home and make attempts to stop smoking.

Shawn H.- Go to church more often.

Jenna L.- I will work on Club Horizon's newsletter as long as I can if I don't give it up and keep Club Horizon program running well and become more successful program in the future.

Patty P.- I want help to stop smoking and to lose weight.

Sebastion C.- Exercise more to be fit.

Thato M. - I want to get through school.

Larry W. - I want to stop smoking.

Tameika W. - To have contentment.

Thanksgiving

Thanksgiving is a day of historical and cultural significance. From a historical perspective, it is a day in which we celebrate the meeting of Native Indians of America and colonists from Europe. The simple act of these two cultures coming together to share in a feast is symbolic of them. Sharing in the wealth of the land as well, is a gesture of goodwill. Traditionally, the holiday of Thanksgiving is celebrated in our culture by visiting family and loved ones and eating turkey every year. My family, for example, made a big meal and spent the holiday enjoying each others time.

Thanksgiving was a great day for me. I spent mine giving thanks for the greatest love of all, the creator of the universe, the one who made mankind in his image. I am thankful for my friends and love ones. I pray for the poor, the downtrodden, and the oppressed. Thanksgiving should always be a day of giving thanks.

-Tameika W.



-Thato M.

Holiday Party at Club Horizon



This year we held our annual Holiday party at the club house. As with every event, we form committees and delegate tasks. This year we exchanged gifts, played games, sang songs, and we had door prizes. It was a bit crowded because we invited friends, family, and so on. We served appetizers, veggie platters, meatballs, **BBQ** wings, mini hamburgers, and a variety of desserts.



Why I like Club Horizon

Before I came to Club Horizon, I did not have a lot of friends. Club Horizon has made me a better person. I am even working at the Daily Grind and I like it there. Club Horizon gets me back and forth to work. I learned how to work on a computer at Club Horizon. I like going to Wellness Management and Recovery group because I can talk about my feelings and how I have recovered. My social skills have gotten better and I like meeting new people that come in. Being around people here makes me less depressed. I have met some really nice people here that made me laugh and make me happy. I enjoy going on socials on the weekends because it gets me out of the house. I am also learning how to cook. This is why I like Club Horizon.

-Martina C.

I like the club house because, it helps me make more friends and work on independent life skills. I love

-Krishana H.

everyone in the club house; everyone is so friendly. I love the fact I can come here because it's better than staying home, being bored. All my friends are at school or at work and I have one no to talk to in the morning and I'll be bored, with nothing to do. The club house is an opportunity for me to make new friends and have new experiences for me to learn. It's a great way to socialize and meet new faces. I love going to the club house. I would rather be here than at home and I love everybody for who they are. I've met nice members. Some can sing just like me, and some girls, aka women, are very helpful when it comes to girl problems. I like the women here. I enjoy being around nice girls, aka women, so that I can grow to a beautiful woman. The women here give me advice and we're able to talk about female stuff. I also love talking to the men because they are friendly. There is so much joy here.

Deaf Corner

Ntouch VP is coming soon in North Carolina and it started spreading in the Northern states. Ntouch is similar to Sorenson VP, but it has new features. Ntouch is an improved product that can assist deaf people to stay in touch. They are two kinds of Ntouch software, Ntouch PC and Ntouch VP. These are provided by Sorenson Company. Ntouch PC is a laptop that requires a webcam and Ntouch VP is on TV that requires an internet connection. If you want to know more about these new software for deaf people, go to this website: www.sorensonvrs.com/ntouch. You can learn how deaf people communicate and keep in touch with their family and friends. These are cool software for deaf people; the software make deaf people's lives much easier to keep in touch with everyone.

-Jenna L.

Independent Living

New Staff

My name is Corey. I'm the newest staff member at the club. I am excited to get to know everyone. I will be helping Transition Employment. Very thankful for my time spent here!

-Corey I.

Independent living can be successful at times. Stress on it's own can be positive or negative. Whether you know it or not, we need the stress contrast to function everyday. Some people can handle the stress (positive) of independent living, some can't.

Coming to the clubhouse is a stress relief for most of our members including me. I say our clubhouse because I take pride and ownership in this program.

Independent living is a good or end result after living dependently. Independent living gets people ready financially, physically, and mentally to take on life tasks.

-Andrea F.

Vision: People with mental illness will achieve their potential and become respected as friends, neighbors, and coworkers.

Core Values: Excellence- Serving with integrity & focus;

Respect- Appreciating & valuing differences;

Accountability- Effective use of resources;

Consumer Focused - Consumer driven services;

Productive- Facilitating positive change

Mission Statement:

Club Horizon, Inc. is a 501(c)(3) private, non-profit organization whose mission is to increase community acceptance and improve the quality of life for adults with serious mental illness by facilitating meaningful work, education, housing, and social opportunities.

Upcoming Events: Golf tournament, Thursday, June 14, 2012

We invite you to donate in any manner you feel will be beneficial to our program.

Please give to Club Horizon at www.clubhorizon.org or by mail

Ongoing Training and Education Classes:

Computer Basic and Refurbishment Class
Alternate Mon. at 1p.m.
Sign Language - Mon at 2 p.m.
Spanish Class -Tues at 2 p.m.

Dance - Wed at 2:00 p.m.
Driver's Education - Wed at 1:30 p.m.
WMR - Thurs at 1:30 p.m.
Health & Wellness - Fri at 2 p.m.

Interested in giving back?
Please consider the Club Horizon Board of Directors.
We would love to hear from you.

Announcement: Are you interested in receiving a Club Horizon newsletter VIA e-mail? If so, please contact vbass@clubhorizon.org

Club Horizon is accepting referrals for PSR. Contact Bernadette Benas, PSR Program Manager at (919) 266-2202 or Kristen Girardi, Clinical Manager at 919-266-0585.

Club Horizon is an EOE organization



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