

# Adventure House News

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manage professional beliefs.  
To define natural reality within me.  
Since I told you something know something.  
Salvaged, what was told to me,  
but know somebody knows something  
because everything happens for a reason.  
Since I told you something...

**By Kristian Mason**

### **The Food Show**

Genia, Drew, Dean, Judy, Crystal and myself had the chance to go to the Sysco Food Show at the Grove Park Inn and Resort in Asheville, North Carolina. We had the chance to sample many different foods to see if we could incorporate Them into our menus. We sampled different brands and types of meat, vegetables, drinks and deserts. We had a ball. We had a challenging ride up the mountain in the van "Big Blue" but we

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made it, we even got to see some snow.  
**By Candace Bell**

### **Adventure House Welcomes New Members**

Welcome to the Adventure House Clan, Alice Rippy and Patricia McGowan, Daniel Fullove and Roger Rowe, Before you know it you'll be in the flow, building friendships through work and activities.

Volunteering for whatever you please. Welcome James Burris along with the rest Adventure House Clubhouse is one of the best...

**By Glenda Woodson**



## Adventure House

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### **Meet Me at Adventure House**

Adventure House is the ideal place for people to see the Clubhouse model in action. It is a safe place for people to come for rehabilitation as well as a great place to meet friends and build lasting relationships. We have members, staff, board members, family and friends, case managers, colleagues from other Clubhouses and many other visitors who come to see a program about mental health in operation.

The day starts with a morning meeting, a time to get information about the Clubhouse and daily activities. The previous days minutes from each unit is read and other business is discussed during this time. This a time when everyone is together and there is a feeling of belonging to a supportive community or family.

Following the morning meeting are the unit meetings, where the work-ordered day for each unit is planned and duties are volunteered for on duty boards or sheets.

Next comes the actual Adventure House work-order day. Members and staff get busy with the responsibility of their units. The Kitchen Unit prepares a nutritious meal prepared to feed eighty people everyday. The snack bar cleans up from breakfast and prepares an alternate lunch. The Member Services unit handles the banking for members each day. The Administrative unit checks attendance and enters it into the computer for the previous day. Each and every unit has many more tasks that

involve many people to get the tasks done in the daily operation of the Clubhouse.

Not everything at Adventure House is about work. We have social time every Tuesday evening. Activities are planned by members and staff and include things that are fun, entertaining and interesting to do. There is also a drama troupe called Adventure House Players that meets every Thursday evening. Their main goal is to fight the stigma of mental illness. They present their message to the community in a fun and entertaining way with plays and short skits.

At the end of the day as we all leave to go home, we go with a feeling of accomplishment. We know that we have gained confidence, strengthened relationships and provided a safe environment for everyone to return to tomorrow.

**By Paul Pouchak**

### **The Garden is Back**



Members and staff of Adventure House had summer fever

early this year. We started preparations for our garden. Late in Winter, we took advantage of some of the warmer days. We built some raised beds for the garden. We made two 10 ft square beds from treated wood logs. The beds were filled and mixed with pro-grow vegetable soil. Later, members and staff plowed the garden beds and planted; cucumbers, squash, tomatoes and plan to plant carrots as soon as weather permits, since carrot juice has become a big seller in the Snack Bar. We have adopted "Juicing" in the Snack Bar from our colleagues at Gateway House in Greenville, South Carolina. We look forward to the up coming months "voila" our own home grown veggies for sale and use in the Kitchen and Snack Bar units.

**By Paul Pouchak & Fred Mead**

**Meet the Oldest Active Member at Adventure House**



My name is Mattie Lathers and I have been coming to the Adventure House since March of 1993. I started out working in the Kitchen unit, which I really enjoyed. After I had my heart operation, I retired from the Kitchen and had to stay out while I recuperated. My attendance was off and on with other aches and pains including gout. Now, I come when I can, and really enjoy helping in Member Services. I enjoy seeing everyone and miss them when I can't come in. We have quiet a few activities going on around here and many new members as well. We are like a family, and are here to support each other.

As the oldest active member attending Adventure House (I am only 37 backwards, now count for yourself) I hope I can be an inspiration to others coming to Adventure

House. Even at my age, I still benefit from the people around me, I grow with their wisdom and knowledge every time I come here. People can find a lot of strength and support from each other by being compassionate and understanding.

The best piece of advice I can share with anyone is even if you get upset with someone, or they are upset with you, "keep your tongue still and walk away". We usually do more damage to ourselves by lashing out with the small pink weapon in our mouths than to others.

Another piece of advice I can give is you can always find something to do if you are not lazy. Staying busy keeps your mind focused on the positive things in life, and not the negative ones. And if you are willing to work around the Clubhouse you are more likely to be noticed when the next TE position comes open. If you really want to work you must prove it. These are only a few pieces of wisdom and advice I can share in hopes of inspiring someone along the way.

**By Mattie Lathers**

**Director's Notes**



Last night as the audience stood up, giving the actors a standing ovation for their performance of the play "Mental Mart", I was overcome with such pride for each member of our company known as Adventure House Players. Members and staff all had worked so hard, especially the last two weeks, and the joy and relief of their accomplishment showed proudly on their faces. But this was no ordinary performance, it was the one in front of family and friends and it meant the world to them! They later told me how special it was to see the smiles and pride on their loved ones faces and hear their cheers as well. The best part, was that all of the applause was directed towards them.

On Friday, we had the honor to perform before the Rotary Club in Shelby, to a very appreciative audience. Many of the people from the Rotary Club had grown up with several of the Adventure House members. It was like a high school reunion for some of them. Afterwards, the cast participated in an open-mike discussion called "Truth", where many of the members talked about their disabilities, such as Bi-polar disorder, depression, schizophrenia, anxiety attacks, ect. Then I watched those faces turn from one of surprise to one of being very impressed, which made them appreciate the cast's performance even more.

To say that I am proud of them is an understatement, and I look forward to other plays, musicals and possibly film.

Members of the troupe consists of Lewis Acree, James White, Patty Spangler, James Cook, Anita Nottage, Roland Hamrick III, Candace Bell, Shelia Wellman, Frankie Philbeck, Joyce Fox, Danny Kiser, Lisa Debreaux, Charles Foster, John Gjelhaug, Richard Carson, Byron Dorsey, Chastity Hector, and Phyllis Chitwood.

Technical crew  
 Stage Manager, Drew Stallings.  
 Still Photos by Bryan Eaker and Joyce Fox.  
 Hair & Make-up Chastity Hector & Candace Bell.  
 Lights, John Gjelhaug, Richard Carson & Drew Stallings.  
 Set-up & Prop crew, John Gjelhaug & Drew Stallings.  
 Programs & Invitations by Administrative Unit.  
 Dinner prep. Diana Boswell & Drew Stallings.  
 Servers, Reva Eagle, Brian Eaker, Beverly Dawkins, Elizabeth Ross and Diana Boswell.  
 Last, but not least thanks to Tommy Gunn for the vision of the Adventure House Players.

***WATCH OUT WORLD!! HERE COMES THE ADVENTURE HOUSE PLAYERS!! WE ARE READY TO ROLL!***

**By Stan Logan**

**Poetry by Kristian Mason**

Kristian Amanda Mason has been published with the International Library of Poetry, several times with poems titled "Since You Been Gone" and "Soon". Recently, Kristian, has entered in the Wergle Flomp Poetry Contest. Wergle Flomp poetry is a humor contest with a special twist. She has entered two poems titled "Somewhat" and "Legend". On August the fifteenth we should know the results of the contest. For future reference Kristian, plans to enter in the War Poetry Contest in November with a poem titled "24 hours".

Kristian has also won 2nd place in a contest at Cleveland Community College with a poem titled "When the Wind Blows". She is also an independent writer with the Writers Guild Club of Cleveland County and has been published with Pathways newspaper, "The Link" with a poem titled "Mentally Disable". She has also been on Channel 33 News several times with the Writers Guild Club with some of her original poems.

**Legend**

Time, the sound of the clock  
 is ticking in disbelieve.  
 The right too great fame?  
 The popularizer  
 is to be renowned in a  
 historical fashion.  
 Diverting within the sound of the clock,  
 time, portrayed in the  
 clock inscribed  
 as evidence of a Legend.

**Somewhat**

Three souls lost carry this cross.  
 The plan of completion guides  
 us down the path of righteousness.  
 Mercy to all in Christ name  
 my soul prays for strength  
 carry this cross. Amen  
 Since I told you something know some thing.  
 The community witness the enlightenment  
 process of wisdom and knowledge.  
 Tokens gather subborn individuals to