

### Spotlight on Judy Thurman

Judy started attending Adventure House in 1997. She works in the Kitchen unit and is a fantastic cook.

Judy was born at Kings Mountain Hospital on September 6th, 1961. She spent most of her lifetime in Cleveland County. She has 6 sisters and 4 brothers. Judy went to Number #3 Elementary School and attended Crest High where she graduated in June of 1979. She sang in the High School choir.

After High School she worked in housekeeping at a mill for ten years. In 1981 she was married until 1992. She was remarried just last September on her birthday.

For hobbies, she likes to read the Bible, love stories, doing crossword puzzles, and loves to bake and cooking is

her passion. Her favorite food is spaghetti and cheeseburgers. Her favorite color is Baby Blue, and favorite movie star is John Wayne. Judy also loves gospel and the blues, her favorite artists are BB King and Patti La Belle. She would love to travel and she says she would love to go on a safari in the African jungle to the Congo.

Judy has a very positive outlook and has an optimistic attitude in life. She has battled cancer three times with good outcomes. The latest bout with cancer was in 2008 when she was diagnosed with breast cancer and had chemotherapy as of February 2009 she was cancer free. Even as she went through this treatment she never complained and even showed up in the kitchen to cook for the Clubhouse. She says she gets a lot of support and strength from her husband and her friends at Adventure House.

By Eddie Beauregard

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# Adventure House News

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### Adventure House Will Miss Wanda Burson



1961-2009

Wanda Burson has touched everyone at Adventure House and will be remembered as a good friend. Wanda always had a smile and a positive outlook even on the gloomiest of days. She never had anything bad to say about anyone, and had a friendly cool aura about her.

Wanda was born on May 13, 1961 in Cleveland County where she lived most of her life in the Shelby area. She attended Shelby High School and also went to Cleveland Community College. She leaves three brothers and two sisters. She was the daughter of Bobby Gene Sr. and Clara Melinda Culbreth Burson. She passed on February 28th from complications of diabetes.

She was a very active member of Adventure House for the last 18 years. She moved into her Adventure House Apartment from Yeltons Family Care on June 25th, 2004 into Apt# C at Park Avenue Terrace. She also worked Transitional Employment as a housekeeper at Adventure House Case Management, Fasco, and Gardner Webb University.

I met Wanda in 2000 during a very low time in my life and she told me about Adventure House. She was a very pleasant person to talk to, she had a bubbly personality and had a great sense of humor.

I'd like to take this time to celebrate Wanda's life and all the people's lives who were somehow influenced by her good nature and positive outlook on life.

By Eddie Beauregard

### How do People Benefit from the Clubhouse

The Clubhouse is much more than a day program for people with severe and persistent mental illness. For the members of Adventure House the Clubhouse is a place where they belong. They are members, part of a community and for some, the members and staff are the only family they know. The focus of the Clubhouse is on the members strengths and abilities not their weaknesses or illness. The Clubhouse recognizes and encourages a person's independence and individualism.

The Clubhouse has four Guaranteed Rights of Membership 1.) *A right to a place to come*, 2.) *A right to meaningful relationships*, 3.) *A right to meaningful work*, and 4.) *A place to return*. All participation at the Clubhouse is voluntary and sometimes the sheer effort to be there is considered a success.

Members and staff work side by side in all operations of the Clubhouse, in Member Services doing banking, by preparing lunch for 80 people in the Kitchen Unit, serving breakfast and lunch in the Snack Bar, and by recording attendance in the Administrative Unit. These daily unit activities provide opportunities for members to participate in meaningful activities while building lasting relationships with fellow peers and staff. It is in this environment that members can feel safe and feel they belong and are contributing to the clubhouse community. It is a win, win situation

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## Adventure House

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Shelby, NC 28150  
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because without the help from members much of the tasks in the units would not get done.

Members have many other opportunities available for them at Adventure House, such as, Transitional Employment (TE) where a member can work at a part time job outside of the Clubhouse and earn a fare wage while working at an Adventure House TE placement. The Clubhouse also supports and encourages members in supported and independent employment. There is the supported housing program which recently won the Eli Lilly award for the outstanding work being done with Adventure House's thirty-three apartments. Case management, financial planning, continued education through Adult Basic Education (ABE) classes, weekly evening social activities, and a drama troupe that meets weekly are all examples of ways members can become involved and stay connected throughout the day at Adventure House.

Research strongly supports the use of psychosocial rehabilitation as cost effect with an average reduction of more than fifty percent in the cost of care due to the reduction in hospitalizations. But then we don't have to tell that to all the people who have been part of the Adventure House family throughout the past twenty-three years.

**Diana Boswell**

"I get to be around other people so I am not isolated and don't get depressed. I can work in units and this helps build my self-esteem and confidence. I learn to do things I didn't know how to do before and I make new friends."

**Phyllis Chitwood**

"The Clubhouse helps me make it through the day and I have staff support by my side."

**Frances Norman**

"Everyone at the Clubhouse is good to me. If I need to talk, someone is there to listen. They take me to the doctor or shopping when I need to go. I have my own apartment because of Adventure House."

**Margaret Allen**

"I thank God so very much for Adventure House because it has made me the happiest I ever been. I love all the members so much. I have met some of the best people here at the Clubhouse; they make me feel so special. Everyone here is so loving and caring."

**Patty Spangler**

"The Clubhouse has been very good for me. I lived in family care home for 20 years, but now I have my own Adventure House apartment. I love it and I am happy there. It is good to be on my own."

**Louise Cooper**

"I have been a member at Adventure House for 23 years. The help I receive is great and I love the people."

**Paul Pouchak**

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### Spotlight on TE at UA Thrift



Store Manager Joy VanDaele, Trina Mcswain, Frances Norman, Tommy Heffner hard at work in the 20,000 square foot thrift store.

United Agency Thrift store was developed to create jobs for people in our community who have barriers to employment and raise funds for area charities. UA Thrift store is a community thrift store supported by and benefiting local non-profits in Cleveland County. Currently there are 11 Member Agencies that belong to UA Thrift. Unlike other thrift stores in our area, the proceeds remain in Cleveland County!

We have had TEPs at UA Thrift since December 2000. Fifty-seven members have worked at a TEP there, many working multiple placements. We have duties such as sorting clothes and going through separating donations and housekeeping. Store manager Joy Van Daele says "We look forward to the days Adventure House folks come to work. They're eager to please and are cheerful and courteous to our customers". Currently at UA Thrift are Kristian Mason, Frances Norman, Patricia Wiggs, Shelia Wellmon, Trina McSwain, and Tommy Heffner.

UA Thrift benefits and strengthens our community's non-profit organizations. We can all work together for Cleveland County and you can help by donating any unused or un-needed items to the store. When you designate your items to be donated in honor of your favorite charity that counts toward their share of the profits.

United Agency Thrift can also pick up larger items or large quantity items at your request. To arrange for a pick-up, call (704) 484-3737. The 20,000 square foot store is open six days a week and the hours are: Monday through Saturday 10:00 a.m. until 6:00 p.m. Their inventory consists of everything from sporting goods, household items and appliances to furniture, new and sanitized used bedding, and clothing.

They have many new items as well as a few hidden treasured antiques.

**By Bryan Eaker**

### Adventure House Welcomes Back Two Returning Members

The Clubhouse is lucky to have two returning members We want to welcome back Harrison Hopper and Nellie Miles.

Harrison hasn't been at the Clubhouse since 2000. He stays busy by helping in the soup kitchen in Shelby. He also does other charitable work as well. He is involved with his church and enjoys his Bible studies. He says that it's good to be back among friends at Adventure House. Harrison has made himself at home in the Kitchen Unit where his skills are greatly appreciated.

Nellie has also returned, after twelve years being inactive. She has been going to the Senior Center and spends her time with her one-on-one. She has been coming to some of our holiday events with Ellen Elliott and realized she missed coming to Adventure House. She is in the Kitchen Unit.

Everyone at the Clubhouse was happy to see them back.

**By Christopher George**  
**Adventure House Players News**

The Adventure House Players have been rehearsing a revised version of the play "The Interview", The revision was done by Georgina Wright, a friend of Adventure House, who has helped in the past with her creative writing skills and her experience in the mental illness field. It is a story that focuses on the stigma of some people's ideas about mental illness and how it affects their employment skills. It is performed in a comedy vein where the closed minded buffoons are the ones with old and outdated ideas about mental illness.

We will be performing on April 15th, at Central United Methodist Church .We hope it will help promote our TE program.

The Adventure House Players were invited by the directors to attend the dress rehearsals for two local plays. They saw The Greater Shelby Community Theater performance of "The Mystery of Irma Vep" and The Kings Mountain Little Theater's performance of "Steel Magnolias". Following the performances the AH Players were able to meet and talk with the actors and the directors. Thank you to those people who made this possible.

On another note, the AH Players have

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been invited to attend the Lost Playwright's monthly meeting in March in Hendersonville, N.C. I will be speaking to them about the Adventure House Players and the scripts that we write. The Lost Playwrights is an organization where amateur and professional playwrights can have their work analyzed by their peers and performed by local actors. Someone in their organization heard about our work and have members of their own that have been affected by mental illness .They are excited to know that there is a program that offers this type of creative outlet for its members.

**By Stan Logan**

### Valentine Party Rocks the House

The annual Valentine's party was held at Adventure House. The tables in the dinning room were decorated with red and white table cloths and the centerpiece was a decorative basket with candy and balloons on the side. Dinner was served, and the menu consisted of rib eye steak, shrimp cocktail, baked potatoes, Caesar salad, and red velvet cake. A variety of cookies and Cheer wine punch was served as refreshments.

The DJ played a variety of music, members and staff had a great time dancing. Each unit put together baskets as door prizes. The baskets contained items such as a DVD player, DVD's, gift card, lotion candy stuffed animals, and a snack basket. Everyone enjoyed themselves and said "it was one of the best parties ever".

**By Beverly Dawkins**  
**Adventure House Welcomes Tracey Finney**

We all would like to welcome new member Tracey Finney. Born and raised in Cleveland County. She attended Burns Middle and Burns High school. She enjoyed taking art and home economics classes where she learned to draw and sew. She also played soccer and ran track. Her favorite part of running track was the hurdle relays. She has one older brother and a younger sister, and several foster brothers and sisters.

After high school, she worked at Wendy's. She enjoys walking, arts and crafts, doing puzzles, reading books and reading the newspaper. Her favorite food is chicken, favorite TV show is the price is right, favorite colors are blue and brown and her favorite type of Music is jazz. Her dream vacation would be to Hawaii. Tracey has joined the Snack Bar unit. She likes the people she has met at Adventure House and loves all the new friends she has made. We are all glad you have started coming to Adventure House.

**By Candie Bell**