

Spotlight on Carolyn Abrams

Carolyn was born on September 22, 1938. She grew up in Shelby and went to Cleveland Elementary school and Cleveland High School. In her family there were four boys and four girls. She was never married and has no children, but she always enjoyed taking care of her nieces and nephews. Carolyn took care of her parents for most of her life. She worked as a housekeeper and also for a dry cleaner at one time. Carolyn completed courses at Cleveland Community College and received her Certified Nursing Assistant's (C.N.A) license. She worked at Cleveland Regional Hospital as a C.N.A. for some time.

Her favorite hobbies are reading and watching television. She also enjoys listening to gospel music. Carolyn enjoys going to the movies, her favorite movie is Gone With the Wind. She also enjoys sports especially basketball. The Duke Blue Devils are her favorite team. If she had a car she would like it to be a Chevrolet. She has a

dream of someday going to Hawaii.

Carolyn has lived at Nellie's Family Care Home since moving from her Adventure House apartment two years ago. She likes living there and said "I get good meals there and I get my medications on time. The staff treat me like family. It really feels like home to me."

Carolyn attends the Adventure House on a daily basis and has been a member of the Kitchen unit for many years. Anyone can normally find her waiting on tables during lunch in the dining room and answering phones in the reception area throughout the rest of the day. Those are her two favorite things to do while at Adventure House. Carolyn says, "I enjoy staying over for evening socials with my friends. My two favorite ones are playing Bingo and going on the shopping trips. Adventure House means a lot to me. I love having have a place to come where I feel safe and have loving and caring friends to be able to talk with. The members and staff at Adventure House have become part of my family."

By Anita Nottage and Candie Bell

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Adventure House News

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Proposed Changes in the Mental Health Service Delivery System

You may be aware that the current state budget crisis in North Carolina is requiring the NC Department of Health and Human Services (DHHS) to make significant changes in the mental health service delivery system. The State's deficits this year have reached unprecedented levels and difficult decisions must be made given the constitutional requirement for a balanced budget. Legislators in Raleigh are working overtime to develop a balanced budget. DHHS/ Department of Mental Health (DMH) leadership is proposing several changes in the Mental Health delivery system, driven by both budgetary concerns and by the desire for best practice.

Proposed changes to the Mental Health Service System are as follows:

1. Restructure Medicaid and State-funded Child Residential Services, Levels III & IV and transition recipients to other treatment options as appropriate. A workgroup has been convened to accomplish the transition in a manner that focuses on the needs of the young people receiving these services.
2. Community Services are currently supported in the budget but with significant cuts. The Para-Professional level of Community Support may be eliminated in the fall, and utilization of Community Support may be further decreased. A DMA project team has been convened to explore the case management function of Community Supports and make it a distinct service, part of another proposal to consolidate Case Management Services. The work group has explored duplication of Case Management Services across the DHHS service array and CMS has provided

the workgroup with the definition of case management and care monitoring. It includes: assessment, care planning, referral/linking, and monitoring. No changes to the current service definition for Community Support Services have been made at this time.

3. Changes to Service Definitions for Intensive In-Home , day treatment, MST, CST ACTT, and SAIOP have been proposed and sent to CMS for approval.
4. DHHS is continuing to work on transferring utilization management , review and Service authorization functions to 4 Local Management Entities per N.C. Session Law 2008-107, Section 10.15(x). Implementation was originally planned for 7/1/09. However, due to economic factors, magnitude of required system changes and other budgetary concerns, implementation has been delayed until January 2010.

As always, we will continue to monitor this situation closely for changes to the service deliver system and work to minimize the impact of any changes to our consumers.

By Donna Miller MA LPC CCM QP
Associate Director of
Cleveland Psychosocial Services

Adventure House Celebrates the Fourth of July

Adventure House celebrated America's Birthday for the Fourth of July in a different way this year. The social committee chose to celebrate the holiday this year with a traditional Hawaiian Luau. We had a group of staff and a member volunteer to spend the night roasting a pig for our lunch the next day. A pit was built with metal grates and cinder blocks to cook the whole pig on. John Gjelhaug, Drew Stallings, Eric Boswell and Chris George

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stayed at the Clubhouse overnight while the pig was on the grill. The pig was nick named Stanley Ray and sported UCLA hats and even had a pair of cool shades for the occasion.

The dinning room was decorated with grass skirting, palm trees, hula dancers and pineapples. Each member was greeted by a hula dancer (Reva Eagle) who gave each person a Lei when they arrived at the Clubhouse. The lunch served was roasted pork with Polynesian sauce or BBQ sauce, Polynesian slaw, grilled kabobs with fresh vegetables and pineapple, Hawaiian rolls and watermelon. A special pineapple ginger punch was served along with iced tea.

The afternoon activities included lawn games. Many people enjoyed playing ladder ball and washer toss. Set up in the back yard was volleyball and limbo for everyone to enjoy. Throughout the afternoon shaved ice with tropical fruit flavors such as lime, strawberry, orange and watermelon was served in the dining room. Everyone enjoyed the delicious meal and had a good time as well. There has been talk of plans to cook the next pig so stay tuned for our next adventure.

By Candie Bell and Diana Boswell

Adventure House Outbuildings Get A Facelift

The two buildings at the back of the Adventure House property where we store various needed supplies, yard equipment, tools and a small workshop area for maintenance are getting a much needed facelift.

The improvements include a new John Deere green roof which is replacing the old worn tin roof. New steel frame doors with better locks for security and easier access. A new ramp will be put in for better accessibility to our lawn mowers and other yard equipment. The wooden siding will be tightened up and vinyl siding will be put over it.

Once all of these things are completed the buildings should continue to serve our needs for many years to come.

By John Gjelhaug

New Fish for Adventure House

Many people around Adventure House love taking care of and watching our fish either in the fish pond or in the new aquarium set up in the living

room. The original fish pond was remodeled eight years ago and lasted a long time it brought a lot of enjoyment over the years. Recently the last of the original fifteen goldfish died from an unknown sickness. Fred Mead stated “ We are working on cleaning out and repairing the pond and hope to have it restored with fish sometime this fall.”

For the meantime we have a new project we are currently working on at Adventure House. With the help from Genia Riffe and the Kitchen Unit there is a new aquarium set up in the living room. The tank is a 30 gallon tank set up for freshwater fish. We started with four Angel fish and four Grunion fish. They appear to be very active and many people has become interested in their care and watching them in their own environment. Some people say they enjoy hearing the relaxing sound of the running water coming from the pump. Many people have become involved in the upkeep of the tank and enjoy stopping by the tank to watch the fish. The new tank and fish has been the topic of many conversations throughout the Clubhouse. Enjoy watching and your welcome to get involved with our newest project.

By Paul Pouchak

Charles Road Apartment Cookout

In the past years Christopher Road Baptist church has sponsored a cookout in the spring for the residents at Unique Living as a community project. When the facility closed last fall, Sam Cody who headed up the project every year thought of Adventure House as a good place to continue serving others in the community. In his memory on Saturday July 11th, Christopher Road Baptist Church hosted a community cookout for the Adventure House Apartment residents and anyone from the community or who had transportation to the Charles Road Apartments were welcomed. The residents were treated to a lunch of grilled hamburgers, hotdogs, chili, slaw, baked beans, chips, drinks and a variety of desserts.

The mornings activities included lawn games, music and even some line dancing. Everyone in attendance had a great time sitting under the shade of the big tree in the side yard. Songs were song by Greg King who was accompanied by his son on guitar. Lewis Acree shared some of his jokes for the crowd and Betty Barnhart’s grandson Jordan preformed a song which received a big round of applause. There was plenty of food to eat and everyone enjoyed each others company. Many new friendships were formed this day. Hopefully

with this first cookout being such a big success we can look forward to more cookouts in the future.

By Donald Davis and Diana Boswell

Welcome Marvin Johnson

Adventure House members and staff would like to welcome one of our new members Marvin Johnson to the Clubhouse. Marvin moved to Shelby from Wilkesboro, NC. Marvin has been a great help in the Kitchen unit and enjoys helping where ever he is needed. When he is not in the Kitchen you might find him outside trimming trees. Welcome to Adventure House Marvin.

By Crystal Byers

Meet Donald Williams

Donald was born in Michigan, on July 16th 1983, he was raised in Michigan, North Carolina and Kentucky. He likes many different sports and enjoys poetry. Donald has thirteen brothers and one sister. He is not married but has a four year old son named Collin. Donald was in the Army for four years and has worked at many fast food restaurants. In his spare time he enjoys working on model cars. His favorite cars are Mustangs especially black ones which is his favorite color. He is glad to be coming to Adventure House and hopes to go to work at a Transitional Employment Placement (TEP) soon. He is also glad that he is making new friends here as well.

By Anita Nottage

Adventure House Player’s News

The Adventure House Player’s are looking forward to performing their play, “*The Interview*” for the Rotary Club of Shelby in the upcoming weeks at the Cleveland Country Club. We hope that the performance might lead to a new Transitional Job Placement (T.E.P.) through someone who see’s the performance. The topic of our comedy/drama deals with the issue’s of T.E.P. and of a man that overcome the challenges he faces while looking for employment following his hospitalization for mental illness.

Recently three members and staff from Club Horizon in Nightdale, N.C. visited our Clubhouse and were able to participate with the Adventure House Players while they were here. Last week they called requesting a copy of the script of “*The Interview*” The members and staff are interested in beginning

rehearsals in order for them to perform the play for their Clubhouse. We were honored and mailed them a copy immediately .

On July 23rd , the Adventure House Players were invited to the dress rehearsal of the greater Shelby Community Theater’s musical production entitled “*The Taffeta’s*” It was a 50’s look at a girl band troupe singing four part harmony. Everyone had a great time, especially Betty Barnhart, who has been singing the songs from the production around the Clubhouse since going to see it.

In August, The Adventure House Players will start rehearsing two new plays, one titled “*Insane with Power*”, and another, an original vaudeville musical-type play written by Georgiana Wright who also wrote our Christmas play from last year. As always, we try to keep our Players busy.

The Adventure House Players and I hope everyone has a great summer.

By Stan Logan

Adventure House Welcomes Kathy Pruitt Back

Everyone at Adventure House is glad that Kathy Pruitt is back at the Clubhouse. She originally started in February of 2000 and was active in the Administrative unit. She is now helping where ever she is needed but enjoys helping in the Snack bar as well as answering phone in the reception area throughout the day.

Kathy was born in Kings Mountain, N.C. She grew up in Lattimore N.C. where she attended Elm Elementary School in Lattimore and Crest High School. She attended Cleveland Community College and Spartanburg Methodist College where she studied law enforcement. She worked in security and law enforcement for Spartanburg County.

Kathy has a daughter named Betty, and three grandchildren who she enjoys spending time with. She also has a sister here in Cleveland County and her younger brother Roy Bridges, is a member of Adventure House.

Her hobbies include making things with ribbons and bows and she enjoys travel. She loves to go to Disney World on vacation. She enjoys cooking, and steak is her favorite meal.

Kathy is glad to be back at Adventure House and says “ It’s a wonderful place to come , I’m reuniting with old friends and meeting lots of new ones.” Welcome back Kathy we’re glad you are here.

By Christopher George