

### Adventure House Welcomes New Members

Everyone at Adventure House wants to say welcome to Linda Sanders and Joe Russell, and we hope they enjoy coming to Adventure House. Linda says that she loves coming to the Clubhouse and has already made many new friends. She really enjoys helping out in the kitchen. Joe says he also likes coming to the Clubhouse and has not decided what unit he likes best yet, but he has been thinking about participating in yard work and other outside activities.

We hope you enjoy coming here. Take it from me, it is a safe place to come and meet a lot of new friends and they feed you good too!!!

**By Christopher George**

### Out With the Old and In With the New

The second week of March was eventful around Adventure House, transportation wise. While transporting apartment people home, the Gold van (purchased new in 2004) broke

down and Fred Mead had to go and pick everyone up to get them home. Then the very next day while out running errands the Ford pick-up truck quit running on Chastity Hector and Eddie Beauregard. Eddie had to push it out of the road and once again Fred, had to rescue them. The truck was towed back to the Clubhouse. These events left the members and staff short two vehicles for the daily routine transportation. Adventure House Executive Director, Tommy Gunn, and Fred went vehicle shopping the following week. It was decided to retire "Big Blue", which was purchased new in 1989. Tommy and Fred traded "Big Blue" in on a white Ford E350 twelve passenger van from Keeter Ford and then traded the gold Nissan van for a new red Kia mini van from Rogers Kia. It was picked up this week. The truck is still in the parking lot. It looks like we will have it repaired in the near future. Everyone loves both of the new vans and are very happy to have safe and dependable transportation once again. So we are on the road again, getting everyone to and from where they need to go.

**By Diana Boswell**



## Adventure House

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# Adventure House News

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### North Carolina Clubhouse Coalition/ Legislative Oversight Committee

On March 9th, 2010 we traveled three and a half hours to Clubhouse Nova, in Raleigh, North Carolina. It was a wonderful experience that we will never forget.

On the first day we had a day of planning at our North Carolina Clubhouse Coalition meeting. We spent seven hours going over our topics and points that we wanted to make at the Legislative Oversight Committee meeting, that we were invited to attend the next day. Joel Corcoran, the Executive Director of the ICCD (International Center for Clubhouse Development), came and we all worked together to present our specific points we wanted to get across to the LOC, (Legislative Oversight Committee), and to tell about the success that the National and International Clubhouse Model has had. Sue Estroff, a PhD in social sciences at UNC, spoke on behalf of the Clubhouse Model. She is also a well informed Board Member of Club Nova, and was to speak about the differences between ICCD Clubhouses and others that use the term "Clubhouse", but only offer a daily drop-in- center program. One of the points being made in North Carolina is to make a distinction between the two. We are attempting to show that there is a legitimate reason for the Clubhouse Model Clubhouses to be able to bill Medicaid at a higher rate for reimbursement. The reasons being that we offer a superior program, offering our members housing, TEP's (Transitional Employment Position), stability in the community as well as out-reach and many other community support services that are happening at the Clubhouses on a daily basis. We need a

higher rate to continue to provide these much needed services. We have been providing these services and performing administrative tasks added by the state, with a reduced reimbursement rate since July of this year. Charleen Lee, a member from Club Nova, was to share her story to the LOC about the difference that Club Nova had made in her life.

At the LOC meeting there were about seventy-five Clubhouse members and staff from all over the state of North Carolina present. Joel Corcoran, spoke about the importance of the Clubhouse model. Sue Estroff told of the many struggles the Clubhouses are currently having and some of the successes as well. Then Charleen, from Club Nova got up to the microphone and shared her moving story about her life living with mental illness. Her story ended with her telling about the support and comfort she received from members and staff when she arrived at Club Nova and said "I have no home, no money and no where to go!"

We wrapped up our stay in Raleigh by congratulating each other on the fact that our voices were heard at our state capitol. We were recognized for what we do at the Clubhouse and we were even applauded several times. Now we have to wait to find out the results of our requests and our suggestions that we provided the LOC in written form. We hopefully will see an increase in the billable rate, Piedmont Pioneer House will see some financial relief, and that there will be help for North Carolina Clubhouses by the writing of an appropriate service definition so that we get the funding, for what we actually do at the Clubhouse.

**By Patricia Wiggs and Fred Mead**

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### What Adventure House Means to Me!

Adventure House has meant a lot to me since I first started coming. I have improved personally and socially. People were real nice and helped me out tremendously.

I have learned so much since I first started Administration and the Members Bank have taught me a lot. I have learned basic skills on the computer. By participating in the Kitchen unit I have developed cooking skills and this gives me confidence to try cooking things for myself at home. I have learned how to participate with others and use coping skills. I have an Adventure House apartment that I call home. I also have made a lot of friends, and joined the Adventure House Players (The drama troupe). This has given me a creative outlet and I also have learned to play a musical instrument.

I really believe if I wasn't a member of Adventure House, I would be in a hospital somewhere. Adventure House is my home away from home. I know I can count on members and staff being there for me.

By Lewis Acree

### 2010 Valentines Party !!!

The Valentines Party at the Clubhouse went great this year. We worked hard on the planning and decorating. Several members from each unit gave their ideas for the party. We had red, white and pink decorations with a pink hearts theme. The dining room looked great!

The menu was a little different than what we had in the past. It consisted of Lasagna, salad, garlic bread and strawberry shortcakes for dessert. After dinner, we also enjoyed pick-ups that included several trays, such as fruit and veggies as well as dipped chocolate. We had a strawberry punch with floating hearts made of J-ello.

As for entertainment, Eric Boswell was the DJ for the evening. We had a great variety of music to dance to. Of course David Rhodes was on the dance floor all night long. The dancing got everyone in good spirits as everyone participated with the party spirit.

Everyone had a chance to win a door-prize. Crystal Byers called out the numbers. There were a total of 13 prizes given out. Kristian Mason won the last large prize of the night. She thanked everyone at the party.

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Everyone enjoyed the party and can't wait to see what next years party will be like. As we all know the Adventure House knows how to have a good time and party.

By Genia Riffe

### Spring Rotation Menu

Our new spring menu has begun and we are working towards helping all of us to meet our goals of becoming healthier. We are working hard on improving our menu to include healthier choices in our lunch rotation. We are adding more fruit for deserts as well as keeping away from fried foods and trans-fats. We have several new side dishes, that we decided to try. Dishes like spinach strawberry salad and fruit salad.

We also will be starting our Adventure House walking group back up! With the weather warming up it is so refreshing to get out with our peers for a nice walk around the block. We encourage everyone to join us. Lets all make goals and make our Clubhouse healthier in all aspects of our lives.

By Genia Riffe

### Name That Stump Contest

The news division of Adventure House decided to sponsor a contest to "Name That Stump". The stump in the front yard of Adventure House was all that remained of a very large tree that fell last fall due to a combination of saturated ground from a soaking rain and high winds. The tree had been in the yard for over 80 years. John Gjelhaug, David Walsh, and Eddie Wellmon spent days cutting up the majority of the tree and hauled it off. The stump was all that was left to be disposed of. We came up with the idea to Name That Stump. Over thirty names were submitted from members and staff in units from all over the Clubhouse. Examples of such names were Spike, Apple, and Rose Mary, just to name a few. On March 17th, St. Patrick's Day, it was announced that there was a tie vote between two names. Betty Barnhart's entry was "Rooster's Head" and Genia Patterson's entry was "...%#@\*gottago" ( You can figure out the first part of that word). Each lady won a WalMart gift certificate and will have their pictures made with their winning name carved into the stump before it is hauled off to the dump. Thanks to all of the members and staff who participated in the contest.

By Joyce Fox and Stan Logan

### The Back Door Project!

Myself and Matt Sadler replaced the flooring, sill beam and plate at the back door entrance to the Snack Bar.

After many years of use, the original sill beam and plate succumbed to the effects of time and weather. Over eight feet of the beam needed to be replaced. Matt and I put the beam in from the Inside, after removing all of the rotten wood. We employed a time tested technique to maneuver the beam into place. It is called the "shimmy shewaawau" and has been employed by many old time carpenters since the beginning of woodworking. After maneuvering the beam into place, the flooring joists and subflooring were replaced followed by new flooring which matches what was already there. I thoroughly enjoyed working with Matt on this project. It will be a very long while before Adventure House will have to worry about problems with that floor joist.

By John Gjelhaug



### The Adventure House Players News

The Adventure House Players are in full rehearsal mode with their two scripts that they have written. The first one entitled, "Saving Clubhouse Pandora", is about a fictional Clubhouse trying to raise money for their emergency fund. The members have decided to have a talent show. James Cook, and Shelia Wellmon have chosen to sing "Rocky Top". Joyce Fox and James White are singing "My Girl". Frankie Philbeck is singing "When Johnny Came Preaching". Lisa Debreaux loves "Jesus Loves Me" and she will sing that. Phyllis Chitwood and John Morgan are performing a Carol Burnett/Tim Conway skit. Lewis Acree will entertain us with his rendition of "Let It

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Be". Danny Kiser and Shelia Wellmon are performing the Comedy skit, "Niagara Falls". Roy Bridges is performing a comedy skit about growing up in the country. Eddie Wellmon is performing the Lucille Ball skit "Vitameatavegamin". John Morgan is singing "Dream On". Ron Owens is rapping to his own song he wrote about Clubhouse Pandora. Charles Foster, Roy Bridges, Eddie Wellmon, and Chris George. are contestants in the first Womenless Beauty Pageant. Last but not least Eddie Beauregard, will entertain us on his electric guitar with rendition of his favorite jazz/blues tunes. Of course all of the above actors mentioned are playing fictional characters that attend Clubhouse Pandora, and are trying to raise funds to keep their Clubhouse afloat. The Adventure House Players are scheduled to perform this skit as a social activity on Thursday, May 7th, 2010.

The second skit we are working on involves each of the Adventure House Players choosing a true life person in either history or currently living who has dealt with mental illness. The Players will portray their chosen person...for example, Chris George, will portray Ernest Hemingway. He will play the role of Ernest and will talk about his accomplishments in life and how his mental illness affected his decisions in life and his writings. Byron Dorsey is portraying Herschel Walker. Byron will tell of how Herschel dealt with multiple personalities most of his life and was still able to be the Heisman Trophy winner when he played football at the University of Georgia. Joyce Fox, chose to portray Billie Holiday. She will not only be acting as Billie but Joyce will also perform one of Billie's songs. This will be a good acting exercise for all of the Adventure House Players who are portraying famous people, some of whom we don't usually attribute mental illness with. The point is that mental illness can affect anyone, from any family. It also shows us that people can do incredible things and accomplish lofty goals and live productive lives while living with mental illness. Abraham Lincoln, Florence Nightingale, Mark Twain, Vincent Van Gogh did, Macy Gray, and Patty Duke still do, and the list goes on and on.

So as you see, The Adventure House Players are working hard. Wish us luck as we get ready to take our stories on the road to entertain and educate our community about the stigma that people with mental illness face everyday. Thank You to everyone that supports our cause. It is the participants of the Adventure House Players that make it all worth the effort.

By Stan Logan