

On our wish list is a large treadmill, and a bow flex weight machine.

The results from our commitment are beginning to show with more endurance from everyone and inches and weight loss for many dedicated people involved in the exercise groups.

Great way to mark what is almost a year of being active. Lets keep up the great work and keep on moving!

By Diana Boswell

New Members at the Clubhouse

In the past several months we have been so blessed to have had many new members come through the doors of Adventure House. We would like to welcome each and every one of them.

We are excited that they are here and that they have become a part of our program

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and members of our Clubhouse family. There have been fifteen new people since our last news letter. They are listed in order of their start dates:

Lisa Hopper, Neal Richard, Stacy Gaddy, Deitra Morris, Craig Vegh, Patrick Walker, Angela Martin, Lauren Oaks, Lisa Dawkins, Rebecca Padgett, Jonathan Elmore, Joshua Rowe, Tivon Eiland, Sharon Haynes and Patricia Champion.

As they come into the Clubhouse and are already making a place for themselves please make them feel welcome and encourage each one of them to become involved. Take the time to introduce yourself and invite them to check what it is that your unit does each day.

By Diana Boswell



Adventure House News

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New Members



Adventure House On Facebook

Adventure House has started a Facebook page. The purpose of the page is to send an encouraging and positive message about mental health, to rid the stigma of mental illness. We will also post pictures of members doing various activities and having fun. We will begin to share stories of members and how Adventure House has affected their lives. There will be announcements on upcoming events posted, with dates and times. If inclement weather affects any events, we will announce the changes.

My Story

When I first heard about Adventure House, I was skeptical about what it was. I have been to similar places, but people in those places had more developmental disabilities than mental disabilities. At those places

they wanted me to make crafts, like jewelry, to sell. Places like that weren't for me. I have developmental, genetic and mental disorders, but I am not incapable of fully functioning in society unlike most of the members in those places.

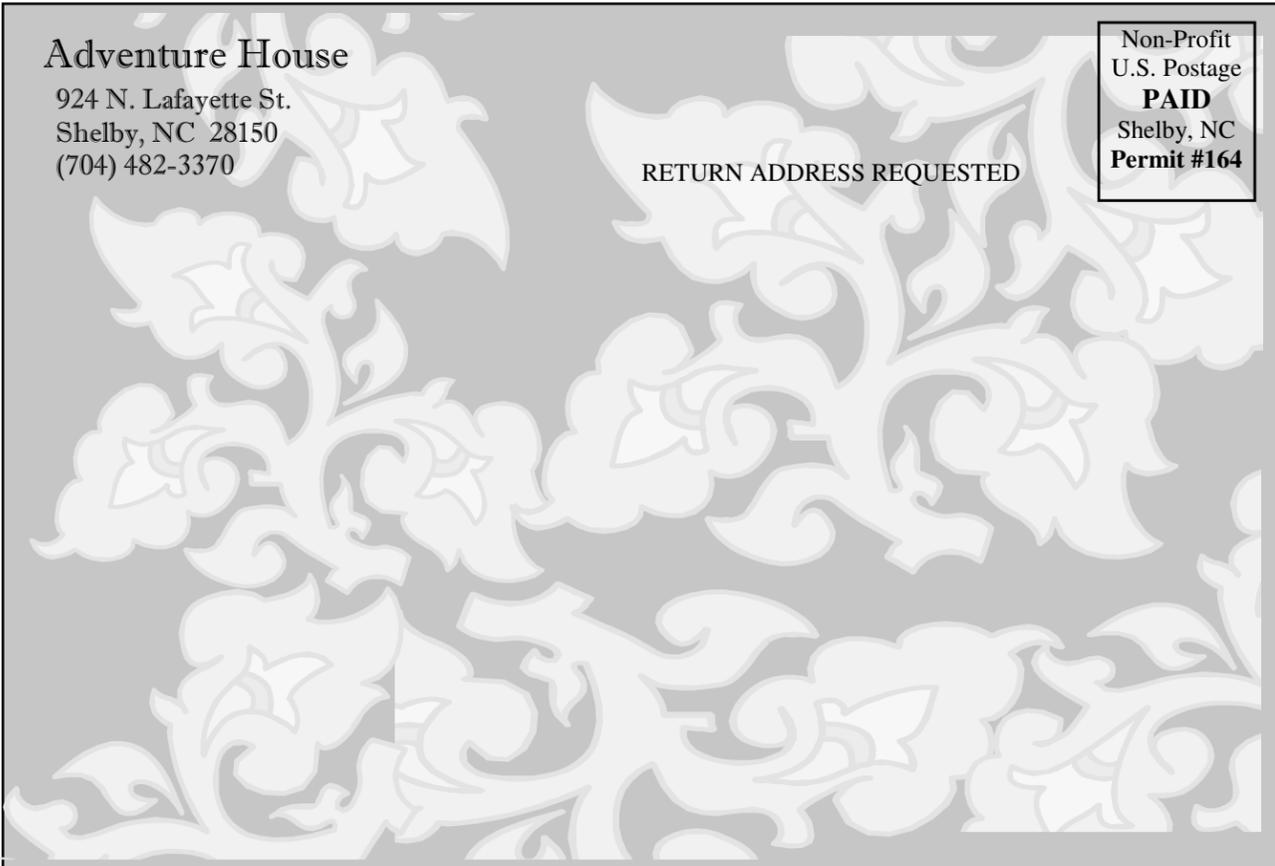
My family goes to the same church as Genia and her family, my mom and Genia got to talking about me and the struggles I have gone through trying to find a place like Adventure House. Genia made the recommendation, and I got a referral from my doctor and here I am. My first day coming to Adventure House, my plan was to stay a couple of hours and go home. Try and take it slow, and don't become overwhelmed. I ended up staying the whole day and enjoyed it and the characters I met. Adventure House has helped me realize I'm not alone in my fight against mental illness. They have helped me overcome some of my social awkwardness, also helping me be able to sit in a crowded room with a lot of noise and people without having to leave due to anxiety. They are giving me opportunities to teach a basic computer skills class and restart the Adventure House News. I'm

Adventure House

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making new friends that I would have never made any other way. They get me away from my house and give me something meaningful to do. It's important to have places like this for people like me.

By Patrick Walker

Kitchen Upgrades

Adventure House Kitchen Unit has decided it is time for some upgrades. The stove in the Kitchen Unit has been on its last leg for a while now. The Kitchen Unit shopped around and researched what would best fit our unit and decided to stay with a Garland. The new stove will have an upgrade with a griddle for lots of fun meals for socials and Adventure House Players to prepare. Other upgrades coming soon will be new floors and newly painted walls. We have not yet decided on what we want but are looking forward to picking out the new colors and textures. The Kitchen Unit has lots of fun new upgrades coming and lots of work to come for all unit members and staff.

By Genia Robinson

Housing News

This has been a busy summer for our housing office; with annual inspections due and three new apartment residents moving in. With the help of members and staff we had to clean and remove furniture to make way for the new apartment residents. Then the new residents and Elizabeth Ross, set aside time to go shopping at Wal-Mart and Laughlin's for their furniture and personal housing needs. The greatest moment of the trip was when two of the new residents picked out their new bed mattresses. Seeing the excitement in their eyes of having their own bed was so sweet. Please join in with us as we say congratulations to James Linder, Holli Sprouse, and Jodie Carroll, as they have become the newest resident Clubhouse

apartments.

James Linder, a member of Snack Bar Unit, can always be found outside in the garden or green house. James really loves his apartment and is very grateful for all the clubhouse has done for him.

Holli Sprouse, a member of the Admin. Unit, has recently accepted her first T.E. job. She loves her new apartment. Before coming to the Clubhouse she lived at the shelter and it took her a few days to get used to the peace and quiet.

Jodie Carroll, is a member of the Admin Unit but can be found all over the Clubhouse stirring up laughter. Before coming to the Clubhouse Jodie was sleeping in her car each night. She loves her new apartment and is very excited about her new life in her apartment.

By Crystal Byers

Computer Café

August brings changes to the TE room at Adventure House. We are looking forward to utilizing the room once again for educational purposes. We finally found software that is suitable for preparing folks for GED and plan to install it on several computers. Several hours will be blocked off each day, dedicated to those working on their GED. Several members and staff have volunteered to tutor.

The computer café will keep the familiar green screen used for Adventure House News special effects, background for member pictures and a new Purpose-creating member ID cards.

One last update to the new Computer Café is to update our weather station. We hope to become a local weather reporting station for WBTV in Charlotte, NC.

By Bryan Eaker

Adventure House Players

Fall is now upon us and the Adventure House Players are working hard on several productions that will premier in October and continue through the Christmas season .

The first show is called **The Murder Mystery Love Boat Cruise**. It was written by the Players and myself. We have such a talented group of actors who contribute to all aspects of the creative process. Collaboration is always the key to our success! The storyline involves actors of past television shows, such as All in the Family, The Jeffersons, Mama's Family, and The Addams Family.

Come to the production to find out how it all turns out (And to become one of the crazy fans that will finally get their revenge on these spoiled, rich, and talentless stars! Their opinion, not the star's.) Performance dates are scheduled for Nov. 5th. Check our Facebook page for more details.

Our other production is a traveling show that we will take to any organizations that would like to have us. It is called **Famous People Who Have Dealt With Mental Illness**. We have performed this show before but we have a new take on it. We have turned the play into a game show. Each of the Players will be costumed as a famous individual that has dealt successfully with mental illness. To the side of the stage will be large cards that state different illness such as bi-polar disorder, depression and schizophrenia to name a few. The object of the game is to place the correct card with the famous character on stage. Some of them are historical characters and some of them are current. We'll see which audience member is

savvy enough to get them all correct. The purpose of the play is to educate the public that individuals such as Winston Churchill, Abraham Lincoln, Herschel Walker and Jane Pauley, just to name a few, have or had successful careers and made significant contributions to society in spite of their diagnosis. In fact, many of them changed the course of history. Call us or message us on our Facebook page to schedule us for your next company meeting and we will perform this play for your entertainment and education. You will not be disappointed. I guarantee it!

The Adventure House Players will also be involved with the Halloween Party on Thursday, October 29th. We will also be working on a Christmas play that will touch your heart. It will be performed in December. Dates to be announced on our Facebook page.

In conclusion, there is lot going on with the Adventure House Players. Be sure to join in the fun this fall.

By Stan Logan

Adventure House Gets Their Exercise ON!!!

Members and staff from Adventure House continue to exercise daily. They use the garage that was converted into a gym on the days weather is not too hot and in the dining room when it is necessary. Mondays, Wednesdays and Fridays are scheduled for walking and exercise. Tuesday and Thursday are stretching and core exercises, that are done while sitting, for members who can't do the regular exercises. This group is really enjoying the routine we do and are encouraging each other.

We hope to have some new equipment for our gym soon.