



## Valentine's Day Party

Ark House hosted the Valentine's Day party this year at the Methodist church next door's fellowship hall. Four clubhouses attended the party: Ark House, Tazewell House, Our House, and Clinch Mountain House. We celebrated the special day a day early on February 13th.

Doris L. from Ark House was crowned Valentine Queen and Daniel H. from Clinch Mountain House was crowned Valentine King.

The clubhouse choir performed several songs for our enjoyment. The name of the

choir is the TACO Choir which is the first letter of each of the four clubhouses: Tazewell House, Ark House, Clinch Mountain House and Our House. The choir is comprised of people from all four clubhouses: Jeff R., Roy H., Eugene J., Mary W., Kim, Angie, Rick K., Nellie R., Carol, and Philip S. The choir shared their talents and there was also a D.J. who played songs for dancing.

We played holiday themed games even a clubhouse version of Family Feud. It was all in fun and everyone won prizes.

Ark House served refreshments which included: Ham biscuits, chicken salad croissants, spinach dip with crackers, chips and dip, orange salad, cookies, and white cake with red frosting. We had pop and bottled water to drink.

After eating, people really enjoyed getting out on the dance floor and dancing to the songs the D.J. played.

It was a great party. Thanks to all those who participated in the party and to those who attended.

By: Linda L.



## My Opinion on Personal Recovery Stories

For the past year now, people that have mental illness have been telling their personal recovery stories. My views and opinions about it are different.

When it first came out about sharing stories I felt like what was personal to you should stay personal to you alone. What I meant to say is if it is private and

personal to you then it should stay that way. If you think that would help you in recovery, that's fine. Tell your story the way you want to tell it. Jeffery

## Singing Away The Blues

Why does singing help me with a mental illness? For as many years I have been singing I feel that singing helps me to recover from a mental illness.

I started singing Karaoke songs here at clubhouse in our social time. Singing has really helped me

from being depressed and other serious illnesses I have. Sometimes you can sing a song and it can make you feel good about yourself. You can let your feelings out by singing a song. Songs can make you feel happy or sad. You can make up a song in your head and start singing it. That

can really make you feel great. I am also a member of the TACO choir. I joined a couple of months ago. It has helped my voice sound better. The more I practice with the choir, I notice how well I could sing other songs and how it kept me from being depressed.

By Jeffery R.

## Love In Bloom

Our love is  
like a butterfly  
When it spreads  
Its wings to fly  
Our love is  
Strong and bold  
We have  
each other To hold  
Our love  
Will never die  
It will always  
Remind me of  
A butterfly

Valentines Day is special to lots of people. It means a lot. Some get different things. For me it means love. I have a wonderful husband. He got me flowers, candy, a card, roses and a ring. He was very romantic. We had a great dinner and

watched a movie. He dresses nice and always smells wonderful. Without him I would be lost. He is my #1 sweetheart. I love him and he loves me! Lots of hugs and kisses.

B.B Loves F.B.  
By Frances B.

## Cumberland Mountain Warm Line

Sometimes you may feel you have "the blues" or anxiety over certain situations. As we asked members what could make them blue, we had too many answers to list. Some concerns were as follows:

The weather, making mistakes, arguing or in a bad relationship, overeating, being lonely, not getting out enough or maybe a hectic

schedule

Not all of us have families or friends to reach out to for support. Cumberland has set up a warm line for these such times. The warm line consists of clients who also have a mental illness. They are there when you need to talk to someone. You may call and it helps to talk to a person who wants to listen. The warm line could be a

great resource for you or someone you know.

All calls are strictly confidential. Hours are 4 p.m. to 10 p.m. seven days/week.

Adam..... 276-889-0027  
Del..... 276-566-7638  
Rick.....276-935-6042  
Kim.....276-498-7927  
Roy.....276-964-6834  
Mary.....276-988-0363



## Amazing Grace Author On Dreaming

The author of the hymn Amazing Grace also wrote other hymns and poems. Following is one of his poems:

### On Dreaming

When slumber  
seals our weary eyes  
The busy fancy  
Wakeful keeps;  
The scenes which  
Then before us rise  
Prove something  
In us never sleeps  
As in another  
World we seem  
A new creation  
Of our own  
All appears real,

Though a dream  
And all familiar  
Though unknown  
Sometimes the mind  
Beholds again  
The past day's  
Business in review,  
Resumes the pleasure  
Or the pain;  
And sometimes all  
We meet is new  
What schemes we form  
What pains we take!  
We fight, we run  
We fly, we fail;  
But all is ended  
When we wake  
We scarcely  
Then a trace recall  
But though our dreams  
Are often wild,  
Like clouds  
Before the driving storm  
Yet some important

May be styl'd  
Sent to  
Admonish or inform  
What mighty agents have access  
What friends from heav'n  
Or foes from hell.  
Our minds to comfort or distress,  
When we are sleeping  
Who can tell?  
One thing, at least  
And 'tis enough  
We learn from this surprising fact  
Our dreams afford sufficient proof  
The soul, without the flesh can act  
This life which mortals so esteem,  
That many choose it for their all  
They will confess, was but a dream  
When wakend by death's awful call

By John Newton  
(1725—1807)

## Tele-n-Touch Reassurance Program

The tel-n-touch program was started about 8 years ago by Appalachian Agency For Senior Citizens and Cumberland Mountain Community Services. Its purpose is to help consumers with phone skills as a way to give something back to the community. This program helps the elderly who are homebound or perhaps have no family link to the outside world.

With the tel-n-touch program the Appalachian Agency provides the names and phone numbers of its members who want to be contacted to the recovery houses. The consumers then call them and provide a friendly voice on the end of the phone line. This can be helpful as to provide a feeling of companionship to the seniors. Same of the things talked about

are general how are you? Do you have enough medicine: Food? Heat? Etc.  
If a need is expressed the Appalachian Agency can be contacted and offer assistance. I, myself enjoy these calls. I feel I am providing a needed resource and make good friends as well.

By: Roy H.

## Plans For My Future

I would love to get married some day to a girl who will light up my life! To one who would love me for who I am, not for what I have. I will love her for who she is, not for what she is. I don't care how she looks on the outside; it's the inside that counts. This is how I will treat her—I will not lie to

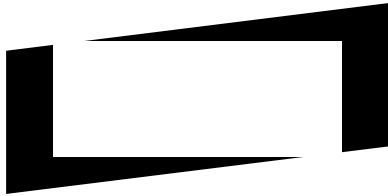
her, I will not cheat on her, and I will treat her with respect. Marriage to me sounds like a lot of responsibility but, I know that from talking to my Dad. I know I have to make changes in my life. Like getting rid of all my bad habits and make new healthy habits like—talking in a nicer

voice, to control my anger. I would like 3 children but, if she only wants 2 children that is fine with me. This is what I say—what is hers is ours, what is mine is ours. I will love her until death do us part.

By: Eugene J.



## Member Of The Month For March



The Ark House club members voted Royal B. as the Member of the month for March. Royal has been coming to The Ark House for about a year. He comes to us from Buchanan County. Royal's favorite unit is the Kitchen Unit. He especially loves to bake cakes for other members birthdays. He also bakes fruit cobblers. Royal lives across the street from the clubhouse with his parrot who he named "Flossie".

Congratulations Royal  
on being member of the Month!!!

By: Linda L.

## Tips For Taking Daily Meds

If you take medication on a daily basis, there are some ways to manage this.

First know what medications you are on; also know what each medicine is for. You need to know the name of you medications as well as the dosage (milligrams). And how often you take it. If you aren't sure, talk this over with your doctor to clarify. **TAKE YOUR**

**MEDICATIONS AS PRESCRIBED.** Do not take any more or less than the doctor said.

It is also a good idea to have a list of the above perhaps on your refrigerator. I myself keep an extra copy to carry to doctor's appointments or if I possibly have to be hospitalized.

A weekly pill box is also a good way to keep up with your medications. You will

be able to see if you have taken your medicine. Always keep your prescriptions up-to-date and refilled. You will know this by keeping your pill box.

Some of this can be frustrating or overwhelming however you may use the resources of Cumberland Mountain. A case manager can offer some assistance or a supportive living worker can be of great benefit to you. Being aware will help you get the most out of your healthcare. You need to make sure each doctor you see physical as well as mental health professionals are aware of all medicines you are prescribed so you can get the most quality of care.

By: Nicole C.