

# TAZEWELL HOUSE NEWSLETTER

*Cumberland Mountain C.S.B.*



## SELF-ESTEEM

Self esteem is how you feel about yourself. You may have a good day or a bad day. You can choose to have low self-esteem or high self-esteem. Low self-esteem keeps you from enjoying life, doing the things you want to do, and working toward personal goals. High self-esteem is when you are sure about life, obtaining your personal goals in life. We have the right to feel good about ourselves.

### THINGS YOU CAN DO RIGHT AWAY TO RAISE YOUR SELF-ESTEEM

Pay attention to your own needs and wants. Take very good care of yourself. Take time to do things you enjoy. Get something done that you have been putting off. Do things that make use of your own special talents and abilities. Dress in clothes that make you feel good about yourself. Give yourself rewards. Spend time with people who make you feel good about yourself. Make your meals a special time. Learn something new or improve your skills. Begin doing those things that you know will make you feel better about yourself. Do something nice for another person. Make it a point to



*"I am a very special unique and valuable person. I deserve to feel good about myself."*

treat yourself well every day.

CHANGE NEGATIVE THOUGHTS ABOUT YOURSELF TO POSITIVE ONES.

CINDY G.

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## DECEMBER LIGHT SHOW

On December 9, 2008 we took a trip to Bluefield to see the Christmas lights. The Christmas lights were a delight to see. Listening to the Christmas music made me feel warm and toasty inside. It put me in the Christmas spirit. It up lifted me

to a place that I haven't been in a while. It made me feel special and warm.

Cindy G.

The lights were very pretty. I loved Mickey Mouse. The trains were nice. I enjoyed

coffee at McDonalds.

Mary Ann Y.

# Hints for Speeding Your Recovery from Depression.

In addition to psychotherapy and medications there are a few simple things you can do to feel better faster.

1. Do not remain in bed or sleep for more than 8-hours a day.
2. Get outside for at least a half hour between 11am and 2pm.
3. Walk briskly, get some other exercise , for at least 30-minutes a day.
4. Totally abstain from the use of alcohol and recreational drugs.
5. Increase the amount of fatty acids in your diet
6. Avoid the use of products that contain aspartame ( Equal or NutraSweet). .

Cindy G. And Internet



*Life is what happens to you while you're working for your future.*

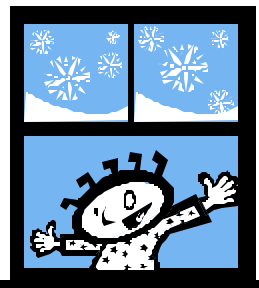
## PIGEON FORGE TRIP

Pigeon Forge was an exciting trip. With shopping centers and restaurants. Everyone had their favorite places to browse in. We stayed at the Red Roof Inn, where the people were pleasant and made you feel right at home. The show at Dixie Stampede was a performance to remember, whether you were an old faithful fan or a new face in the crowd. Everyone got

into the joy of the season with festive costumes and memories from a bygone era or comic scenes from your long ago childhood. We wish to thank all the ones who made this event possible. Happy holidays to all of our friends and families. May your wishes and dreams come true and this joyous occasion go with you the whole year through. Tammy H.

The Pigeon Forge Trip was a very special adventure for me. I had never been to a place like that before. I learned to be out in public and have responsibility for myself and my peers. We all had a very good time. Being out in public and shopping was a comfortable feeling for me. Shopping was fun and the Dixie Stampede was great. Cindy G.

## Jingle Bells



*As long as we know in our hearts what Christmas ought to be, Christmas is.--Eric Sevareid*

## MENTAL HEALTH DIRECTOR, HENRY SMITH, RETIRES

On December 16,2008 we held a retirement party for Henry. Each house presented a gift for him and we held an open mic for people to say a few words for Henry. He made a speech to close his retirement party. He will be highly missed. We wish him the best in his retirement and relaxation . He will be visiting

all the recovery centers before he actually retires. He has 28 years of experience as director. His last day as director will be the 23rd of December.

We also had our Christmas party that day. We had plenty to eat and a lot of good socialization. Everyone had a very good time. During this

time all of the recovery centers mingled and socialized with the other recovery centers. Door prizes were a treat. We wish Henry the best of luck and a Merry Christmas and Happy New Year.

Cindy G.

## NEW DIRECTOR COMES FOR ALL RECOVERY CENTERS

Ms. Mary Frances Cole is our new Director of Mental Illness Services of Cumberland Mountain Community Services. She was accompanied by the Outgoing Director, Mr. Henry Smith when she, on December 09, 2008 visited Tazewell House Recovery Center. An interview with Ms. Cole that day yielded the following information.

Mary Frances Cole, an employee of CMCS for 24 years, will be at the helm of a division of the services soon. Ms. Cole is 54 years old and holds a Masters Degree in Social Work from Virginia Com-

monwealth University, Richmond, Virginia. Her Bachelor's Degree in Psychology is from King College in Bristol, Tennessee. These provide excellent education for her new job with Cumberland Mountain C.S.B.

Ms. Cole began her work with Cumberland Mountain C.S.B. as an advocate at the Grundy, Virginia Clubhouse, then known as Cumberland House. She has since been a case manager and case management coordinator with CMCS. In 1989, she became the Director of Mental Retardation Services. From there she



*DON'T FORGET THAT CHRIST IS  
THE REASON FOR CHRISTMAS*

was hired as the Senior Director of Clinical Services in November 2008. Now she is accepting the position of Director of Mental Retardation, Mental Illness and Substance Abuse Services.

Mary Cole's desire for her new position is: "to continue to promote self-advocacy and empower the consumer in recovery".

Donna M..

## CHRISTMAS PARTY HERE AT TAZEWELL HOUSE

Here at the Tazewell House we had a very nice and quite party for Christmas.

We all received gifts from the nursing students and clubhouse. Each gift was appreciated very much.

Some of us opened them as soon as we

got home and some waited till Christmas. It made all of us feel very special in our own way. But over all we all had a great Christmas.

We missed some of our members due to illness. We wished them a very Merry Christmas with delivering their gifts and a

plate of food. I was sure they all enjoyed them. It made us feel good and warm feeling inside to know that they had a Christmas from us.

Cindy G.

MERRY CHRISTMAS AND HAPPY NEW YEAR



*BIRTHDAYS  
ELIZABETH B.  
12/15  
TYRONE T.  
12/13  
HAPPY BIRTHDAY*

## HAPPY BIRTHDAY JESUS

The holiday season has come and gone once again. The stores were filled with gifts and decorations for shoppers to choose from. I however have noticed that a lot of people today seem to have forgotten that Christmas is actually a birthday of the most famous person to have ever been born. I am talking about Je-

sus. He is the reason for the season. So please take a moment out of your busy time and stop and wish Jesus a Happy Birthday. For HE is the greatest gift of all.

Eunice R.

Christmas is a very special holiday. We tend to have

mixed emotions for the season. Some people get excited and some get depressed. Those getting depressed may want to remember the reason for the season. He was born for all of us. Those excited have nothing to worry about for the season. We wish to say Happy Birthday to Jesus. Cindy G.

# Fun Page

## Unscramble Words

1. tiGsf
2. rmhstiaCs erTe
3. ganWip rpepa
4. lyJlo
5. yolHI
6. slBel
7. hsgtiL
8. ntaSa
9. eldS
10. wnSanom

## Fill in the Missing Words

1. The boys played \_\_\_\_\_ today.
2. The \_\_\_\_\_ was long today.
3. They went \_\_\_\_\_ today.
4. They had \_\_\_\_\_ at the mall today.
5. The gang went to the \_\_\_\_\_ today.
6. The kids played in the \_\_\_\_\_ today.
7. They put up the \_\_\_\_\_ today.
8. They went to a Christmas \_\_\_\_\_ today.
9. The town was getting ready for Christmas \_\_\_\_\_.
10. They all went to see the Christmas \_\_\_\_\_ today.

## December 2008 Jokes

1. Knock knock  
Who's there?  
Wenceslas  
Wenceslas who?  
Wenceslas train home?

ABNSERYUIOPLMVXWQHJF  
GKLMCOPTYTREWDAXAHBOU  
PITGOHERWQJNBFSAOXCJ  
VNFJIMRSVBNMOLERULGO  
BJQTAIEILWYPKHFVXLIL  
IQERSKLISEPUWQASDNYL  
UETOPMKJTDSCAXZNBREY  
LIGHTSHUIMABRYEQOEGF  
DASZXCOPDEAHPWTKWLVC  
AGUYCNOERIOSITUBXMLE  
WSANTAUGBVSTNJQCXAI  
TSIUIKLWQASBNRGSFYON  
PIBOPLASDFRQWIEPUKJH  
GYCVASZXWQERTYIEALNM  
BIYBMNBGHYTREQAEDPYI  
OJHNBMCXZSDFUOPWEUI  
ONHUERTUBDENQWYHARZ

## Find The Christmas Words

1. Gifts
2. Christmas Tree
3. Warming Paper
4. Jolly
5. Holly
6. Bells
7. Lights
8. Santa
9. Sled
10. Snowman

1. boys
2. Went
3. Game off
4. Gifts
5. Kids
6. boys

1. haunted house
2. Boo
3. Spook
4. Atrid
5. Ghost
6. Witch
7. Monster
8. Maze
9. Dark
10. Dead
11. mummy