



TAZEWELL HOUSE NEWSLETTER

Cumberland Mountain C.S.B.

MENTAL ILLNESS AWARENESS SEMINAR AND FAMILY NIGHT

What a success that the seminar and family night was. We had a great turn out and I would like to thank everyone for their attendance and participation with this night. I would like to thank our staff for all their help in preparation and serving of the food. I would also like to THANK the members for their attention and participation in this night.

Everett Franklin, Family Support Services, did a

great job in helping with this night. I enjoyed his speech on mental illness and his story about his son with a mental illness. It just shows us that no one is immune to anything. Not just one person can have a mental illness. It has no boundaries and no one is left out of the loop. It can happen to anyone.

Christie Bailey did a wonderful job in opening the program and Marcella D. and myself

carried out the rest of the program.

Donna M. and Dale E. did a wonderful job with in OUR OWN VOICE presentation. I learned a lot from their experiences and have hopeful dreams for myself now. I hope everyone had the same experience.

Thank everyone for coming.

Cindy G.

Volume 1, Issue 1
MAY 2009

Special points of interest:

- *Everett Franklin*
- *Members participated*
- *Family is Welcomed*
- *IN OUR OWN VOICE presentation*

Inside this issue:

<i>Update from a Member</i>	1
<i>Members Story</i>	2
<i>Members story</i>	2
<i>Fundraising update</i>	2
<i>Story about love</i>	3
<i>Sleep tips</i>	3
<i>Recipe</i>	4

UPDATE FROM A MEMBER

I have been coming to Tazewell House for almost a year. When I first started coming I was nervous and shy. Everyone here made me feel right at home.

Now this is my family. I have been involved with many activities because I think that it promotes recovery. For me staying busy helps me. I am involved in Leadership committee, which helps me too set an example to the other members. I am also involved with other activities. I work on my

recovery everyday, all you have to do is take it one day at a time. I am grateful to the staff as well as the members for all the things they do to help us in our recovery. I look forward to coming to the Tazewell House in the future.

Brain Y.

MY STORY FROM A NEW MEMBER BUT OLD FRIEND

This is my story:

Hi my name is Randal. I was born on June the 8th to an Indian couple that was very poor in Cherokee, North Carolina. My dad was born in Germany and my mom was born Cherokee, Sioux, Illinois, German, and Irish/Scottish. It got to the point where they couldn't take care of me like they wanted to so they decided to put me up for ADOPTION. Three days after I was put up for adoption I was adopted by an abusive family. I was finally taken

from that family and I was finally adopted by a wealthy family that really treated me with respect and love. Love and RESPECT was two things I had been asking for. They loved me for who I was not what I was. I loved them and they loved me. On may 5, 1982 my adopted mom died from cancer. It was then that I realized that something was wrong with me. I started to miss my mom all the time right about this time. My did got remarried about three months after my mom

died. I took it hard. I thought that she was trying to take my moms place. It took me a long time to get used to her. I used to be abusive to her because I felt that she didn't love me at age thirteen. I came around. I was diagnosed at age fourteen that I had an mental illness.

Randal F.

THE FUNDRAISING COMMITTEE

The fundraising committee helps us learn how to help others with fundraising. We have a Chairperson, Randall F., a Co-chairperson, Tina R., and a secretary, Lora E. I am the Co-Chairperson of the Fundraising Committee. We

plan Fundraising ideas. We have car washes, bake sales, hot dog sales and yard sales. We make money to go on trips, outings and other funded by members. It teaches how to budget and manage our money for things

that we do.

I learn a lot by being on the fundraising committee.

Tina R.

SPRING TIME IS HERE

March 20, 2009, Spring begin. It has been mild, cold, raining, and some snow last month. Kids are playing. People



SPRING TIME IS HERE!!!!

are doing Spring Cleaning. The flowers are beginning to bloom. The grass is turning green. The birds

are beginning to chirp and sing. I am glad Spring is here.

Mary Ann Y.

My Story About Love

I live at the Mother of Christ in Tazewell, VA. I am now going to the Tazewell House Recovery Center. I came from Clinch Mountain House in Lebanon, VA. I am going to stay here because I love it here. I found a loving lady that I am going to marry in May of this year. I am going to invite everybody there because when we get married we are going to stay there to live. I love her so much that I am go-

ing to stick with her though thick and thin. Her name is Lisa M. I love her so much words can not tell how much I love her. I also have a real good friend her name is May T. We all get along really well, the Tazewell House has helped me. Though good



Becoming a family man

times and bad times. They helped me through illness'. We all are Gods children.. We should get all alone, together and not talk about each other.

Jeffery H.

Yard Sale

We had a successful yard sale. We had a lot of things to sell. We had things like clothes, household items, toys, bicycles, and shoes.

We had a lot of donations this year. Yard Sales is a great way to make extra money. It helps us with outing and going on trips.

Some times we even have bake sales to make money. We sell bread, fried apple pies and brownies.

Tina R.

10 TIPS TO GET BETTER SLEEP

Set yourself up to get a good night's sleep.

We all have trouble sleeping from time to time. But you can make it easier to get a good night's sleep every night with these simple steps.

1. Cut caffeine
2. Avoid alcohol as a sleep aid.
3. Relax before bedtime.
4. Exercise at the right time for you .
5. Keep your bedroom quiet, dark, and comfortable.
6. Eat right, sleep tight
7. Restrict nicotine.
8. Avoid napping.
9. Keep pets off the bed.
10. Avoid watching TV. Eating and discussing emotional issues in bed. .Also, try not to drink fluids after 8 p.m. This can keep you from having to get p to use the bathroom during the night.

Cindy G.

WHAT THE CAT CONTEMPLATES WHILE PRETENDING TO CLEAN HERSELF

So attentive to her paws she seems leaning over licking tirelessly but thinking not about what dirt has climbed under her claws. No, the cat sees herself sternly stepping to the plate spitting in her paw palms and gripping the bat just so. With the look of feline indifference she tends to one final itch before staring down the pitcher in the last instant before delivery.

When she rubs her wet cat wrist behind her furry ear you'd think she had a spot of mud there or a flea but really the cat is signaling the runner at first to stretch that lead a little further down the baseline.

By the time she is perched on her hind legs lapping at the fur of her underside the cat is sliding safely into home.

Nancy Boutilier



Crispy Oven-Fried Chicken

Ingredients

1/2 cup milk
1 tsp. poultry seasoning
1 cup cereal, cornflakes
1 1/2 tbs. onion powder
1 1/2 tbs. garlic powder
2 tsp peeper red, crushed
1 tsp ginger ground
4 chicken breast
1 dash paprika
1 tsp. oil, vegetable

Preparation

Pre heat oven at 350 degrees F.
Add half tsp of poultry seasoning to milk
Combine all other spices with cornflake crumbs and place in plastic bag
Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
Refrigerate for one hour
Remove from refrigerator and sprinkle lightly with paprika for color
Evenly space chicken on greased baking pan
Cover with aluminum foil and bake for

40 minutes. Remove foil and continue baking for an added 30 to 40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. Do not turn chicken during baking

Crums will form crispy skin

Cindy G.
