

Tazewell House Newsletter

April - May 2008

Tazewell Recovery Center
276 988-3508

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SCA Retreat 2008

By Donnie F.

The SCA Retreat 2008 was held at UVA Wise this year and we had two members that attended. The workshops were great and the dance was a good time. There was also a talent show that was very entertaining. Everyone said that this was the best retreat ever.

Special Olympics

By Bobby M.

We had one member that helped coach the Special Olympics as well as participate in the games that were held in Charleston. He also coached for three days. It made him feel good getting a gold medal and being a coach in the same Olympics.

*Work is either fun
or drudgery. It
depends on your
attitude. I like fun.*

Colleen C. Barrett

Vocal Conference

By Gabby M.

*DOUBLE TROUBLE
RECOVERY*

I attended the Vocal Conference on the 20, 21, and 22 of May in Harrisburg. I was scared, but after I got there I relaxed about it. I went to the workshops where I learned a lot about things I did not know. I like to hear all them talk and tell what they had been through in their lives. I also met a lot of nice people from different places. Everyone there was real nice and the food was very good. I really learned a lot about self-esteem and mental illness. I would like to go again if I ever get the chance too. I enjoyed learning new things. I never thought I would ever say that.

The Vocal Conference was really a good conference. I attended a lot of workshops. And one of them was called Double Trouble Recovery. The workshops were really full of good information. The speakers did a good job teaching the workshops and they gave out a lot information. I also attended a workshop about Dreams which I enjoyed. I did not know dreams could help in your recovery. I got a lot of information from those workshops. I was happy to attend the Vocal Conference.

Bobby M.

A Members Look at Mental Health

By Cindy G.

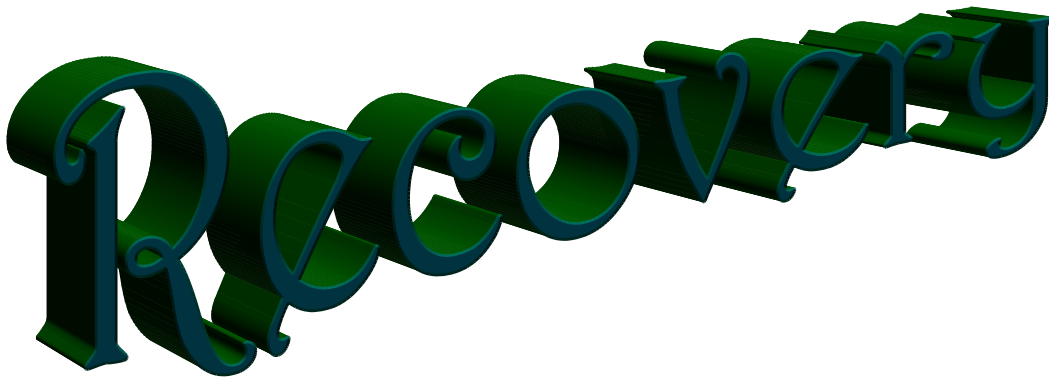
In today's time we have plenty of opportunities in the mental health field such as counseling and physicians inputs. We also have programs that we all can get involved with. The Tazewell House is a good example.

Medications regimens are a plus to the mental health line up and through my experiences medication is a must. There is a myth that people say is "you don't need medicine, you want it." That is not necessarily true. It is up to you and your doctor what your best treatment may be.

I have found out that taking medications in a timely manner can be very helpful. Taking medications on time can save you or break you. The body gets use to a daily routine. So why not do your medication on time? I have tried taking medications on a timely basis and there were time I did not. When I took my medication on a not so timely basis I was more depressed and not so social with others. Now that I take medication on a timely basis I feel better and respond better to others.

So take it from a person that has done it both ways; and I feel better and act better when I take my medication as prescribed and at a consistent time each day.

Physicians can help you achieve you goals with your medications. So listen and put your input to work. Medications are the key to a healthier life style and better control of your emotions.

The word "Recovery" is rendered in a 3D, stylized font. The letters are primarily a vibrant green color, with the outlines and some internal details in a contrasting blue. The text is slanted upwards from left to right, giving it a sense of movement and depth. The background is plain white.

Ice Cream

Find and circle all of the Ice Cream flavors that are hidden in the grid.
The words may be hidden in any direction.

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O I H C A T S I P B B N K N A O
O R L V C N A I L T A T Y N O U
C H E A A Y A U A T M U R O L C
V H C C E N E C I U T N R M A T
U R O A I B I L E U L L E A L K
P O C C E R O L N P B A H N M U
A C N R O P O L L A R W C N O L
L K R I A L E C N A U E E I N O
B Y U E E Z A A I E R L T C D R
I R N T A C N T E L O P E T L K
N O U H E A K C E I B A B A U B
A A T A P U M P K I N M A K B B
A D S T R A W B E R R Y T Z R N
O T H G U O D E I K O O C H H C

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ALMOND

BANANA

BLUEBERRY

BUTTER PECAN

CHERRY

CHOCOLATE

CINNAMON

COOKIE DOUGH

HAZELNUT

LICORICE

MAPLE WALNUT

NEAPOLITAN

PEACH

PISTACHIO

PUMPKIN

ROCKY ROAD

STRAWBERRY

VANILLA

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