



Tazewell House Newsletter

Cumberland
Mountain .S.B.

TAZEWELL HOUSE
January 2009

Director Returns

We would like to welcome back Christie from being on maternity leave. She had a wonderful baby boy. We are glad she came back and we missed her very much. We welcome her back, The changes will be coming soon and they will be good changes. New Year has its benefits.

Cindy: How she felt during her pregnancy

Christie: Wonderful feeling during pregnancy but was very tired at the end.

Cindy: How did you feel on your leave of absence?

Christie: Wonderful and blessed to have time with "Blake"

Cindy: What are your plans for our future here at Tazewell House Recovery Center?

Christie: To have more activities, community outreach and better outlook on recovery here at the Tazewell House.

Cindy: Are you a proud parent?
Christie: Having Blake is a won-

derful feeling. Yes I am very proud to be a mother.

Cindy: Was it rough having a first baby?

Christie: Yes because it is more challenging life style then I ever thought of. It is more rewarding after seeing Blake for the first time. No because of the sleepless nights

Cindy G .



FOLLOWING DIRECTIONS

Long before I was placed in an adult home, there were problems with following instructions. Most of the time, I feel equality with other members rather than staff. They have a better understanding of my situation and can sympathize with my insecurities. Authority figures have been somewhat intimidating. Maybe if I get over the fear of failure things would be more successful. Focusing on achievements, rather than other peoples opinions could be a way out of all the things I get myself into. Support from others will make me do better, too.

Tammy H.

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New Years Resolutions from Member of the Center

To learn better self control. To be more understanding. To try a new hair color. To overcome my fear of snakes. To learn to properly express my feeling. To start writing again. To take time each day for my self.

Eunice R.

To quit smoking and to lose weight. Elizabeth B.

My new year resolution is to become a more responsible person. Social skills are important. Trying to improve my work skills. I may need help with certain jobs but I know that we have great hopes for the best year ever. Tammy H..

To have positive thoughts about myself and to maintain a good

feeling about myself. Not to be my own enemy. Donna M.

I am going to walk softer on my emotions. Being more sensitive person. Bernie W.

Quit smoking completely, lose weight, put my car on the road. Stay involved and learn more things. Marcella D.

More Resolutions/Hints To Help You Achieve Them

Cut down eating to lose weight.

Donnie F.

Change units and learn new things at recovery center.

Dewey H.

This year I hope to quit smoking. I hope also to benefit more from the clubhouse. I want to learn more about my illness. Would like to spend more time with my family.

Brian Y.

To make a better recovery center. . . Lora E.

My resolutions include: To quit smoking, lose weight and learn more patience with myself. To see a person in the mirror is a goal I have for the future. This is a new beginning for me this year. So I sat goals that would help me as well as others.

Cindy G.

Hints To Help You Achieve Them;

1. Have a specific goal in mind
2. Set a measurable goal
3. Create a time line
4. Make your resolution you can control.
5. Program your resolution into your lifestyle.
6. Have a step-by-step plan for achieving your goals.
7. Be accountable for your behavior.

Jokes For You

Church bulletins;
Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Coe hear Bertha Belch all the way from Africa.

Announcement in a church bulletin for a national PRAYER AND FASING Conference; "The cost for attending the Fasting and Prayer Conference includes meals.

The sermon this morning "Jesus Walks on the Water." The sermon tonight: " Searching for Jesus."

Our youth basketball team is back in action Wednesday at 8 pm in the recreation hall—Come out and watch us kill Christ the King.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

The peacemaking meeting scheduled for today has been cancelled due to a conflict.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you. Don't let worry kill you off-let Church help.

NEW MEMBERS HERE AT TAZEWEILL HOUSE

My name is Jeffrey H. I went to the Clinch Mountain House in Lebanon. Then I moved to Mother of Christ in Tazewell. I now go to the Tazewell House. I really like it. I hope to do a lot of things like Sign Language. There and helping others I love doing that I love to make people laugh and I Love It! Really the staff Welcomed me there. My number one support is my sister and her name is Geneva M.

. We here at Tazewell House welcomed Jeff with open hearts and arms. It will be a pleasure to have a new and refreshing face here at the Tazewell House. We would like to teach and learn from him with his sign language abilities. He is a wonderful person and warm hearted. We hope he will learn from us as well as we can learn from him.

NEW PRESIDENT ELECTED FOR TAZEWEILL HOUSE

The Tazewell House New President is Mary W. We are very happy to welcome her as our new president. This is her 2nd term as our president. She has done a great job as president in the past year. She has new hopes and dreams for the upcoming year. As her vice-president I will work with her

closely in the up coming year. Together we will build a new beginning for the recovery center. She and I will be working for the members here at the recovery center. If any questions from the members will be addressed in the up most importance. If any one would like to make suggestions, complaints, or

new ideas please speak with your president or vice-president. Cindy G.

RECOVERY CENTER MAKE OVER

It is going to look great when all is said and done. Right now it is a slow and long process. The painting needs to be done and then

Cindy G.





Something about our GROUPS

We have groups several times a week on various issues. Recently we had a group on communicating better. I found this group very informative. I was able to put what I learned in this group to use the next day in an important meeting. I attend all of our groups with the knowledge of I will always be learning. Our groups here at the Tazewell House Recovery Center helps me in my recovery and

in my personal life as well. I appreciate the effort and the time our staff take to plan and present our groups to us. I look forward to more groups in the future.

Eunice R.

Groups here at the Tazewell House are wonderful thing. It gives us guidance and leadership abilities. It seems like we discuss the same things over and over again but they are worded different in all ways. We learn from each and every one of our groups here. They range from Hygiene to different types of disorders. It teaches us about

the disease and to recognizes signs and symptoms. It also teaches us every day task and recovery signs .

Cindy G.

I really liked the first group here. I look forward to more groups. I really love them a lot you can not learn to much. I am really sure that people here will help me as much as they can. We can help each other and we can get though it together.

Jeff H.

Outings Here At The Clubhouse

We have been bowling two times and I have been the over all winner both times. The first time I scored 121 and the second time I scored 105. It has helped me work on my social skills by going out in the community and using good social skills. I used my own bowling ball and own shoes.

Donnie F.

Smoking Addictions

Smoking is very addictive. There are three parts to the addiction. They are habit, chemical addiction and psychosocial dependency. An occasional smoker may only experience smoking as a habit or an addiction, but because of the length of time and frequency with which most smokers use cigarettes, all three parts apply.

HABIT– For most smokers the habit aspect of smoking is the easiest hook to conquer.

CHEMICAL ADDICTION– the actual dependency to the nicotine.

PSYCHOSOCIAL DEPENDENCY– the dependency is the function of smoking more than of the smoker. Interacts more with the personality and lifestyle of the smoker.

You can quit smoking if you set goals for yourself. Some of the following may help;

- Set your goals clearly
- Reward yourself for meeting your goals
- Pace yourself

Marcella D.



Similar Presidential Duties for Recovery Center and United States

There are so many challenges in going for a top position. We are making history here also. The people are the ones who decide how this country is

run. Without their support and corporation, reorganization would be in total chaos. Responsibility is the big word now. Let's make the right choice for all those concerned. Proper motivation keeps any group going smoothly. Tammy H. This recovery center is a very good one and I like it because it means a lot to me. This is why I'll think I would like to be a part of this recovery center. I

ran for president here at the clubhouse. The white house election is very historical this year. I sure do love it here. To become president would mean a lot to me because I love it here so much. I like being part of the recovery center. Lora Lee E. Running for president of the recovery center is similar to the race for the White House. We all had to make a big speech in front of everybody. Also, we did some campaigning. Mary W.



Fun Page

Unscramble the Words

1. aRni_____
2. dnwi_____
3. sgdo_____
4. tsca_____
5. hakeurtqhe_____
6. vsewa_____
7. loCd_____
8. ertwin_____
9. ngrpsi_____
10. nasnreticto_____
11. uslcdo_____

1. The boys played a _____ all day.
2. The kids were playing in the _____.
3. They went _____ today.
4. They was _____ games today.
5. Jane was putting _____ on today.
6. They went to the _____ today.
7. The kids want _____ today.
8. The dog was _____ all night long.
9. They said "the movie was _____" today.
10. The girls played _____ today.
11. The boys played _____ today.
12. Tom and Bill went on a _____ today.

Find the Words

AGHI UNBVXZSI OPLTREWQKJDMYSDAJKLMI O
 GAMENYOI PJTLRUNQXZFHJKI UYBVFRESAWC
 I VEMKI OYJI UOKLJWHNBALLSPNVTSOQLHMN
 RBNKPTBVLADBVCXZI OYREACL GUYJTANBEVHN
 LI TBUKYVNMI KRDHSTOREI KROADYTREASDCX
 RTAVI POJKYHGNWQBNOUGENDESAXZCZSAI N
 KGLI UTYGBVNJI TRASWQXZCBVNMJI POULKJI
 HGTRDFEWASQRTYUI OBNHGFDSAVCXZQTYI N
 I UYTEDSAZXCVBNMJKI OPLUYGTRFDESWCXZI

- | | |
|-----------|---------|
| 1. boy | 7. lake |
| 2. girl | 8. road |
| 3. mental | 9. sled |
| 4. store | 10. run |
| 5. game | |
| 6. ball | |

- | | |
|-----------------|--------------|
| 11. clouds | 12. hike |
| 10. wintercoats | 11. Baseball |
| 9. spring | 10. House |
| 8. winter | 9. Good |
| 7. cold | 8. Barking |
| 6. waves | 7. Ice crème |
| 5. earthquake | 6. Movies |
| 4. cats | 5. Make-up |
| 3. dogs | 4. Playing |
| 2. wind | 3. Shopping |
| 1. rain | 2. Park |
| | 1. game |

Answer to the missing words in the Sentences

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Organization