

TAZEWELL HOUSE NEWSLETTER

SPRING TIME CHANGES

It is Spring time here in Southwestern Virginia. We here at the Tazewell House Recovery Center are in good sprits and full of excitement . It is a good time for all people to get out and about doing something you love to do. It is time to clean out those closets, clean up the yards, and plant those gardens. Watching every thing grow is a beautiful sight for sore eyes. Let everyone have a field day in the wide



open spaces. Spring cleaning is in the air as well, so if you have got everything you want out of the closets and your spring cleaning is done donate all to a good

cause in your community. Hope you all enjoy the upcoming weather.

Cindy G.

Saint Patrick's Day Party

Last Friday, the clubhouse had a St. Patrick's Day Party. It was fun. There was some dancing and people played

games, and other did some crafts. The food was great. We had pinwheels, cookies, potatoes chips, and dip. We had to wear

green or we would get pinched. Everybody had a great time. After the party, the clients painted a picture to display on the wall.

Tina R.

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SCHIZOAFFECTIVE DISORDER

Schizoaffective disorder is a major disorder that is similar to schizophrenia. The disorder can affect all daily living, including work, social relationships, and self-care skills such as grooming and hygiene). People with schizoaffective disorder have a wide variety of symptoms, including problems with their con-

tact with reality (hallucinations and delusions), mood, low motivation, inability to experience pleasure, and poor attention. Symptoms of mania may be found in this disorder, and psychotic symptoms over a period of time. Bipolar is part of this disorder. I have a lot of mood swings with this disorder. People maybe happy

one moment and low the next time.

Tina R.

BORDERLINE PERSONALITY DISORDER

Borderline personality disorder is a mental illness that causes intense mood swings, impulsive behaviors and severe problems with relationships and self-worth. People with this disorder often have other problems such as de-

pression, eating disorders or substance abuse. The symptoms include Feeling empty inside, problems with anger, such as violent temper tantrums, hurting yourself, such as cutting yourself or burning yourself, suicide thoughts or

feeling paranoid. What causes borderline personality disorder? Often people faced some kind of childhood trauma such as abuse, neglect or the death of a loved one.

Tina R.

MY VACATION

In the first week in March 2009, I attended a church meeting in Williamsburg, VA. The conference was for the Virginia Council of our church. I felt so much better at the conference than I did when I attended the meeting

in 2008. I felt calm and felt like a burden was lifted off of my shoulders. I think that I enjoyed the meeting and benefited from it tremendously because I was doing well. I experienced a calmness and felt a certain amount

of happiness. I think I am progressing because of the help and support I receive from the Recovery Center. I am becoming a more stable person.

Donna M.



RECEIPE FOR THE MONTH

Three and One Casserole

- 2 pounds of hamburger
- 1 can of cream of celery soup
- 1 small onion
- 1/2 cup of milk
- 1 package of mild cheddar cheese.
- 1 package of macaroni shells

Brown the hamburger and onion together. Drain well, make macaroni shells to the directions of the box, mix cream of celery soup and milk together in a sauce pan. After done layer hamburger, macaroni, cheese together. Mix cream of celery soup together with the milk, add a little to the hamburger mixture on bottom

of glass pan. Spray with non stick spray. You can either bake it or microwave for 5 to 10 minutes to melt the cheese. If you bake it you need to pre heat oven to 450 degrees then bake for a least 20 minutes to melt the cheese good.

Cindy G.

IT'S SPRING TIME

March is the beginning of Spring.. It has been mild, cold, rainy and snowing. Kids are playing. People are doing spring cleaning.

The flowers are beginning to bloom. The grass is turning green. The birds are beginning to chirp and sing.



Mary Ann Y.

MENTAL ILLNESS

I went to Clinch Mountain House in Lebanon, VA. They helped me though a lot of things when I moved to Mother of Christ in

Tazewell, VA. Now I go to the Tazewell House Recovery Center. They are helping me to stay out of the hospital. I have not been there

for about 4 months now.

Jeffery H.



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RECEIPE FROM A MEMBER

Peach Cobbler

1 cup of flour

2 cups of sugar

1/3 cups of milk

1 can of peaches

1 1/2 stick of butter

Bake at 350 degrees

Heat your butter then you put

In the peaches. Then take mix your \

Flour, sugar, and milk together in a

Bowl mix well together. Then you

Put the mixture in the bread ban

And bake about 30 to 35 minutes.

POEM

I have a healthy case of the crazies

That tosses and turns me at times

Folks say that I am mental

Which hypes and types me just fine.

I live with pills an potions. And psychiatric motions and all sorts of therapies to make me strong.

It's like climbing up a mountain

When wounded sure and true Mental illness does not discriminate

This time it was me, Next time it could be you IN MEMORY OF SAMUAL MASSEY

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Fun Page

Unscramble the Words

1. toh
2. Nrgpsi
3. Cinpci
4. Ogd toh
5. I aglpny
6. Diuotde
7. Ungearwt
8. sktBelalkb
9. Mnswigim
10. nRia

10. Rain
9. Swimming
8. Basketball
7. Water guns
6. Outside
5. Playing
4. Hot dog
3. Picnic
2. Spring
1. hot

The Missing Words

Fill in the missing words

1. It was real _____ today.
2. The kids could not wait until _____.
3. They went on a _____ today.
4. The kids ate a _____ today.
5. The kids were _____ in the rain today.
6. It was nice _____ today.
7. They played with _____ today.
8. The boys shot _____ all day.
9. They went _____ today.
10. It _____ all day long.



DYUJMKLOPWQSAZXCVBNFTREGIHYIT
 HOTGIRVUIAFXPVJWQDCZMELASFIK
 VOPLAYINGFRASCNKMBHJYUREAPFIYJ
 HOYTREDCHOTDOGAXCHUYTNJQASBCX
 ZNOIUPLKMNFRWQPICNICTYREI
 SERCTYSPRINGYUJBHVCDAZXUTOPCL
 HUIOPLKJHGFDSA ZXCVBNMASQWRI
 KCGYUIOPREWQASZXC DV BHITNMDSI
 WATERGUNFGHJKLOIUYTREWQADFGO
 SDIMNKLIUYTHGBVCXZASWQRFGT Y
 FGT YUIOPLKJHGFDSA ZXOUTSIDEWTI
 VNHUIOPLKUYTREWQASDFGHJKLMN
 QWERTYUIOPNMJU YTG FDCVBNOPBCI

- words
Answer to the unscramble
1. Hot
 2. Spring
 3. Picnic
 4. Hot dog
 5. Playing
 6. Outside
 7. Water gun
 8. Basketball
 9. Swimming
 10. Rain
 11. Hot dog
 12. Outside