

Tazewell House News Letter

February 2007

Cumberland Mountain C.S.B.

New Member's at Clubhouse

I was always a kind of person afraid to try new things but with help of Cumberland staff like case manger and supported living worker, and my fiancé I get the courage to come to clubhouse. This was the best decision of my life. Not only am I learning good information in groups, also learning social skills plus when my illness acts up with symptoms I can get help to deal with it and have support on these days. I also like learning social skills it always hard for me to be around other people. Now I' am learning to overcome this. The clubhouse provides great, fun and interesting outings, trips and events coming a New member of Tazewell House has been a great step for me and I look forward to many days spent at clubhouse.

Charlotte Y.

As a New Member at the Tazewell House

I feel a good welcome which is a good help for my illness and Recovery. I feel like I fit right in because we are trying for the same goal, which is to deal with our illnesses. The staff and members are loveable and kind. I couldn't ask for better, and I am not sugar coating it either. I hope to continue to come here as a blessing. It is better than sitting at home with my illness. This is the place I should be right now so I can learn about my illness like coping skills, and I hope God works through these people to help me as well as other people here. Thank You Tazewell House.

Darren W.

Valentine's Day Party

On February 13, we went to a very nice Valentine's Day Party hosted by the Ark House in Richland's. Clinch Mountain House also attended. There was lots of good food and door prizes. Everybody was entertained by the Taco choir. They sang beautiful love songs. Then everybody danced till we got ready to go home We all had a lot of fun. Also Our House was at the party, and the socialization was great for everyone.

Mary W.

Congratulations to Tammy Hagy
For being Feb.'s member of the Month

**Here's What members
Love about Club House**

What I love about Tazewell House
Is the rehabilitation, food, nice
people, and I get to be busy with a
support system. Darren W.

The people and the system of it.
The Halloween and good times and
the support of the clubhouse get-
ting together as friends and all the
groups I have taken. They remind
me it could be worst with out you
all. I love Tazewell House.

Bernie W.

The people that are here are
great. If we can make a difference
in someone's life then that would
be the best part. But it takes
great people to keep the program
going strong. Chantay T.

What I Love About Tazewell House
All the people who are here. They
are like family. Babs

I get to go shopping Gary B.

Helping people makes me feel
Better. Tammy

I love all the fine people here.
Laura D.

Tazewell House has good people
and fun sometimes. Theresa L.

All of the people here are the
best. The memories we have and
the stories we tell are priceless to
me. Heather M.

From The Clerical Unit

Encouragement is only a phone
call away and a friendly voice
can help brighten someone's day.
The clerical unit gives back to
the community through our tele-
in-touch program which is set up
with the Appalachian Agency
for Senior Citizens. The clerical
unit makes call's on a daily or
weekly basis to check on the
elderly in our community who
are referred to us. The partici-
pants choose convenient times
to receive calls and questions
such as how the person is doing,
have they taken their medica-
tion, etc. are asked. Our pro-
gram serves some of the most
socially isolated individuals in
our area and it not only helps
them it also helps us to feel a
sense of accomplishment when
we have helped someone else.
The program allows them to
have much needed socialization,
relieve isolation and fear, which
is exactly some of the some of
the same symptoms we face
dealing with a mental illness on a
daily basis. The encouragement
goes both ways.

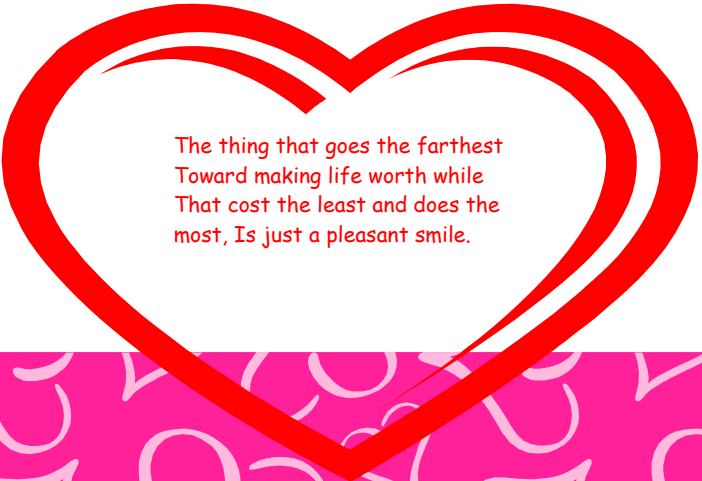
From The Maintance Unit

Keep drains clean and sweet smell-
ing by using 1/2 cup of baking soda,
followed by 1/2 cup of vinegar. In
about 10 minutes, run lots of hot
water down the drain.

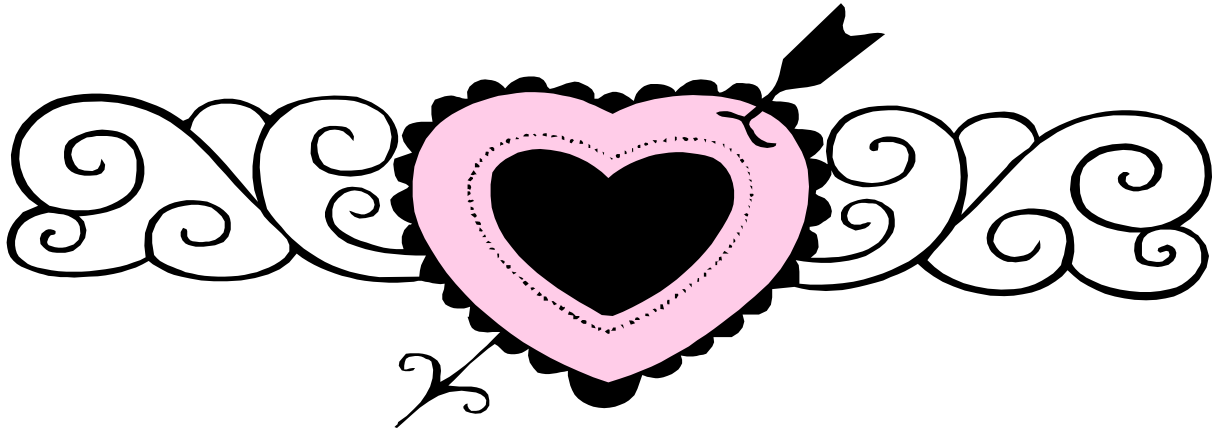
**From The Kitchen
Unit**

Stove Top Easy Chicken Bake

1 pkg. (6 oz.) Stove Top stuffing
Mix for chicken
1-1/2 lb. Boneless, Skinless chicken
breast, cut into 1-inch pieces
(cooked)
1 can (10-3/4 oz.) Condensed cream
of chicken soup
1/3 cup of Sour cream
1 bag (16 oz.) frozen mixed vegeta-
bles, thawed, drained (cooked)
Preheat oven to 400 Prepare
stuffing mix as directed on pack-
age; set aside
Mix chicken, soup, sour cream and
vegetables in a 13x9-inch baking
dish; top with the stuffing.
Bake 30 minutes or until chicken is
cooked through. Makes 6 servings.



The thing that goes the farthest
Toward making life worth while
That cost the least and does the
most, Is just a pleasant smile.



Couples cope with depression together

For some couples Valentine's Day means coping with depression together. According to a recent article by Rita Woolley. The increase in depression is taking a toll on our relationships.

And this week's lovey-dovey Valentine's propaganda can really highlight the pain of living with a depressed partner.

Living with a depressed person means contextualizing a cornucopia of bad behaviour that most partners would never ordinarily tolerate. He or she might sleep on the couch, refuse intimacy, not want to talk, stop showering or exercising, distance themselves emotionally, and lose interest in the world around them.

Plus, they'll likely seem "down" all the time. The worst thing the non-depressed partner can do is give up, though. "The depressed person is borrowing strength from his or her partner. Be sure to say, "I love you... you won't feel this forever... you're a worthwhile person.'?"

If you're with a depressed partner, it's worth evaluating your own behavior. "One partner is depressed, and the other one takes on the directive, critical role, and you fall into a pattern. That's why depression can be so hard to treat... Definitely look at your own behavior. It may not have triggered your partner's depression, but chances are it's helping to maintain it."

The trick for the non-depressed partner is to stop their own pattern; don't get angry at your depressed partner, even if they are acting angry. At the same time, angry feelings are normal, and they need to be addressed.

There are medications and therapy for the depressed person. Because fewer than five percent of depressed people seek help for their illness, a partner's self-help is vital.

For everyone's mental health, it's important to stand by your depressed man (or woman) and love and support them.

Spring Helpful Hints

1. Pam cooking spray will dry fingernail polish.
2. Cool Whip will condition your hair in 15 minutes.
3. Mayonnaise will Kill Lice- it will also condition your hair.
4. Elmer's Glue- paint on your face, allow it to dry, peel off and see the dead skin and black-heads, if any.
5. Shiny Hair- use brewed Lipton Tea.
6. Sunburn- empty a large jar of Nestea into your bath water.
7. Minor burn- Colgate or Crest toothpaste.
8. Burn your tongue? Put sugar on it!
9. Arthritis? WD-40 Spray and rub in— kill insect stings, too.
10. Bee stings- meat tenderizer.
11. Chigger bites- Preparation-H
12. Puffy eyes-Preparation-H
13. Paper cut- Krazy Glue or Chap stick (glue is used instead of sutures at most hospitals).
14. Stinky feet- Jell-O!
15. Athlete's feet- cornstarch
16. Fungus on toenails or fingernails- Vick's vapor rub- Anti-fungal cream that comes with yeast infection medication.
17. Kool- Aid to clean dishwasher pipes- just put in the detergent section and run a cycle- it will also clean a toilet. (Wow, and we drink this stuff!)
18. Kool- Aid can be used as a dye in paint. Also, put Kool -Aid in Dannon plain yogurt and use as a finger paint- your kids will love it and it won't hurt them if they eat it!
19. Peanut butter- will get scratches out of CD's! Wipe off with a coffee filter paper.
20. Sticking bicycle chain- Pam non-stick cooking spray
21. Pam will also remove paint and grease from your hands! Keep a can in your garage for your hubby.
22. Peanut butter will remove ink from the faces of dolls.
23. When doll clothes are hard to put on, sprinkle with cornstarch and watch them slide on.
24. Heavy dandruff- pour on the vinegar!
25. Body paint- Crisco mixed with food coloring- Heat the Crisco in the microwave, pour into an empty film container and mix with food color of your choice!
26. Tie-dye T-shirt-mix a solution of Kool-Aid in a container, tie a rubberband around a section of the T-shirt and soak- Kool-aid is also used as hair dye on light-colored (blonde) hair.
27. Preserving a newspaper clipping—mix a large bottle of club soda and a cup of milk of magnesia, soak for 20 min. and let dry-will last for many years!
28. A Slinky will hold toast and CD's!
29. To keep goggles and glasses from fogging, coat with Colgate toothpaste and wipe off.
30. Wine stains- pour on Morton's salt and watch it absorb the stain.
31. To remove wax- take paper towel and iron it over the wax stain. The paper towel will absorb the wax.
32. Remove labels off glassware, etc.—rub with peanut butter!

March

St. Patrick's Day

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

Gold
Irish
Luck
Pot
Shamrock

Green
Leprechaun
March
Rainbow
St. Patrick's Day

