

Tazewell House News Letter

April 2007



Cumberland Mountain C.S.B.

Newsletter Date April 2007

Volume 3 Issue 3

What community Resource do you use the most,
How does it help you in your recovery process?

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Special points of interest:

- Be sure to check out the fun page on page 3
- Their is a poem that a member wrote on page 3

Library— I can find information on my diagnose. Rod

My library— Helps me read about my illness.

Terresa

Away to see Dr. Gee the doctor helps in meds that help in every way. Bernie

Tazewell clubhouse- Helps me in shopping, and Socializing Gary

Tazewell clubhouse helps me to socialize Floyd

Tazewell house- They teach me responsibility. While shopping and outings sharpens my social skills. Tammy

I go to clubhouse and supportive services at Cumberland these help me in social skills budgeting and coping skills

Charlotte

1. Transit bus- gets me out of the house.
 2. Library— check out books.
- Mary W.

Learning to work and clean at clubhouse and going to the movies, and going bowling. Teresa

The internet on the computer and the library. It helps me learn more about my mental illness, also social skills at clubhouse and about all the disorders in group.

Donnie



Comments from our visit to Vocational

Nice Hair Cut: Gary

We at Tazewell House would like to thank the Vocational School Cosmetology class for giving us a new look today.

Everybody looks cool and comfy for the new season.

Tammy: We want to thank all

the girls there for our hair cuts and they were very professional. Bernie: I really love my hair cut. Terresa

Thank you all very much: Patricia I like the shampoo , washing and the blow

drying: Rosette My hair cut was the best one I have in a long time. The stylist was friendly and so was the staff.

Charlotte

Easter Party

We had an Easter Party at Tazewell House, and we had a treasure hunt, and a Easter egg hunt. Here are some comments that the members had said about the Easter party: I like the Easter party we had so much fun. Can't wait to next year to go to the Easter party. Charlotte: I thought the Easter party was cool, and I had fun. Marie: The Easter party was very good. Gary: Everybody who came to the Easter party used their social skills.



Editor Donnie



New Member



I like the people because they are real nice and they are teaching me a lot of new skills. Jennifer:

I think the clubhouse will be good for me. It can help me to put my priorities straight. Learn new job skills to make me think better about my

self. Veronda:

It helps me get things off my mind, and meet new people. Elizabeth:



Feeling Frightened, and Feeling Stigmatized or Embarrassed, Feeling Worthless, Feeling Isolated From Others, Feeling Angry at Others, Drinking and Getting High. The other one is When to call Your Doctor

Call your doctor or another member of your treatment team: .When your symptoms get worse—you have more

symptoms, or the ones you usually have bother you more or happen more often .When you begin to have "early warning symptoms," especially two sleepless nights in a row. .When you think you may have developed a new side effect from your medicine or have a side effect that's getting worse. .When you feel extremely discouraged and have

suicidal thoughts .When you feel like you might hurt yourself or someone else .When you're in a crisis —call immediately.



Cumberland Mountain
C.S.B.

Organization Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: xyz@microsoft.com

Birth day's for April

Laura 28

Poem

This is me That everybody
sees I don't try to hide Who
I really am like someone
standing last in line So wel-
come everyone To the story
of my life in the rain and the
sun Sometimes I use to wish
I was never around Until I
looked deep and down inside
me and saw what needed to
be found When I write my
poems I just write about

what I know and the stuff
that's around Then I will just
close my eyes and listen to the
peaceful sound In my life I
have had bad stuff to happen
Sometimes when I can't talk
about it I just sit with paper
and write about them I wish
sometimes I was still a kid
with my dreams Cause I can't
make it sometimes as an adult
at least it seems.

Poem By Jennifer

Fun page

Fill in the Missing Word's

1. The boys were playing _____
today.
2. We saw a _____ today.
3. The _____ had a sale today.
4. The weather was _____ today.
5. We went to a _____ today.
6. The sky was _____ today.
7. We saw our _____ today.
8. The mall was _____ today.
9. We smell the _____ today.
10. They all went to the _____
today.
11. The movie started at _____
Clock today.

Unscramble the Words

1. pgSnri _____
2. orwlfe _____
3. uSn _____
4. idnw _____
5. meusmr _____
6. drsBi _____
7. anri _____
8. isvmoe _____
9. tho _____
10. sculod _____
11. knglawi _____
12. ynagipl _____
13. gimnow _____
14. migniwas _____
15. Itolboaf _____
16. cipinc _____

- Answers to the
scramble words
1. Spring
 2. Flower
 3. Sun
 4. Wind
 5. Summer
 6. Brides
 7. Rain
 8. Movie
 9. Hot
 10. Clouds
 11. Walking
 12. Playing
 13. Mowing
 14. Football
 15. Swimming
 16. Picnic
- Answers to the
missing Words
1. Football
 2. Movie
 3. Store
 4. Hot
 5. Game
 6. Gray
 7. Friends
 8. Closed
 9. Flowers
 10. Wall
 11. 1:00