

# Newsletter Title

## Inside this issue:

Client Rave	1
Mental Health Play	2
SCA Retreat	3
Staff Appreciation Day	4
Summer Trip 2010	5
Special Events	6

## Special Events:

- May 15th.
- Mental Health Walk at E&H
- May 26th–28
- Play at Fair Fax, VA
- June 15th–17th
- SCA Retreat at Wise, VA
- July 1st.
- WARP Graduation
- August 27th
- Choir & Play At Dickson Country
- September 14th–21st.
- Summer Trip 2010

## CLIENT RAVES ABOUT O.U.R. HOUSE

Client raves about O.U.R. House, and all they have to offer today’s consumers.

Since joining clubhouse, for a second time, Rebecca Smith says that, in her opinion, we have expanded our programs and options available to our consumers.

She is now active in a play written by a member of ARK House. She states

that she can relate to her character’s dual diagnoses, really enjoys performing for us, and looks forward to the public premiers.

She also has joined our TACO choir, which is a mix of clients from our different clubhouses.

The members are now mainly from our clubhouse.

She also found out that we can volun-

teer in the Thangs store. All this has been a great help to her by keeping her mind on more positive things.

It also relieves stress and keeps her motivated to stay on her meds and out of the hospitals.

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*The happiness of life is made up of minute fractions - the little soon-forgotten charities of a kiss, a smile, a kind look, a heartfelt compliment in the disguise of a playful raillery and the countless other infinitesimals of pleasurable thought and genial feeling.*

*Samuel Taylor Coleridge*

## PLAY HIGHLIGHTS MENTAL ILLNESS

“The Path” is a play written and performed by consumers from Cumberland Mountain Community Services.

Sharon Blankenship, Program Manager of O.U.R. House, presented the idea to the leadership committees of the 4 clubhouses. They got together and discussed the illnesses they have describing details of when they were at their worst.

Linda Lemon of ARK House took the information and wrote the play. Some of our performers are playing the characters who have

the same illness.

The cast consists of Linda Lemon as Karen, Del Estep as Mike, Roy Hodges as Mitchell, Rebecca Smith as Cindy, Lora Church as Joni, James Ray as Carl, Kathy Jackson as Brook, and Jeffery Ratliff as Dr. Reedy.

They have performed at the Vocal Conference in Fairfax, VA, and Dickenson County CSB, as well as for all of Cumberland Mountain Community Services. And, possibly, they will do the Barter Theater in the future.

They have received rave re-

views and are well received everywhere they have performed.

They will be performing for VA Community Service Board of Directors at Virginia Beach on October 4th, 2010.

The goal is to educate the public about Mental Illness in a way that can be better understood.

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*Every person is special, and has a special role to play on this earth.*

*It takes but one positive thought, when given a chance to survive and thrive to overpower an entire army of negative thoughts.*

*God Is Ever Faithful  
Our life is full of challenges  
That change from day to day;  
Each lending to us vision  
To guide us on His way.  
For God is ever faithful,  
His watch will ere He keep,  
With patience, perseverance,  
Fulfilling that we seek.*

*Colette Fedor*

## 2010 ANNUAL SCA RETREAT

On June 15th. to June 17th., we held our annual SCA Retreat, at Wise, VA.

After checking in and settling in our rooms, we walked around the campus.

There was a seminar on “Fun and Stress Relief” at Rhododendron Hall.

Dinner was served at the new Dining Hall.

Later that evening, the “Welcome and Introduction” ceremony was given by ARK House and Clinch Mountain House. Afterward, there was a variety show. It was hosted by Laird Baldwin and Justine Arnett of Mountain House.

The show lasted until around 11 o’ clock.

On Wednesday, the 16th., after a hearty breakfast, the

Opening Welcome and Update was given at Cantrell Hall (the former Dining Hall).

The keynote Speaker was Del Estep. His speech was entitled, “My Wellness Journey and Celebration”. He was accompanied by the TACO Choir. It was an emotional speech.

Afterward, several workshop was scheduled.

Some of the workshop included; The TACO Choir’s “Recovery Through Music”, and “American Sign Language” presented by Phillip Smith of Independence House.

After lunch, there was more workshops. “Friend in Recovery” by Independence House , and “Healthy Liv-

ing” by Stoney Hale of ARK House was 2 of the presented workshops.

Other workshops were: Fun With Brenda and the Gang, Wytheville Clubhouse Humor Group: Peer Support Specialists — Roy Hodges, Ashley Musick, Janie Roush, and Marcella Davis.

That evening we had a dance with special D.J, Del Estep

The next day after breakfast we checked out and headed home.

*Reach out when you feel down, and the responses you receive will lift you up.*

*Even a small gesture of friendship can brighten someone’s day.*

*Any situation can be improved with an encouraging word..*

## O.U.R. HOUSE STAFF APPRECIATION DAY

On Friday, July 23, 2010, the clients of O.U.R. House honored our valued staff - Ashlei, Del, Julie, Sandy and Sharon - with a surprise Staff Appreciation Day.

It was put together, with a modicum of secrecy, by Linda and the Leadership Committee. None of the staff suspected anything.

The morning after an over-

night camp-in, Linda and Possum woke up early and stuck up balloons and posters around the house.

Plaques and cards was presented to each staff members from each client.

A few members gave heartfelt speeches about each of the staff.

Afterward, James, in his own way, roasted the staff.

At the end, Sharon gave a tearful and heartfelt speech on how great each of the clients of O.U.R. House is.

## A BUSY WEDNESDAY AT O.U.R. HOUSE

On Wednesday, August 11, we had two special groups visiting us.

Early that morning Kristie Burks and Everett Franklin came by and talked with Sharon. Later, they met with the rest of the clubhouse. We talked on upcoming events and ways to help im-

prove clubhouse.

A little later, a group from DRS came over to explain all about the benefits given by SSI and SSDI and how it affects our plans to return to work. It was very humorous, entertaining, and informative.

*Each Day Is New  
Each day is new so look ahead,  
The past you cannot undo:  
But you can journey with new hope,  
And God will see you through.  
Don't fret about lost moments,  
The sun will shine once more.  
You life can be far richer  
That it's ever been before.  
God's love is free and boundless,  
It can ease that hunt inside;  
Cast out the fear of failure,  
Let Him be your constant guide.  
He can steer you to new pathways,  
Give you health and make you strong.  
You can have the Lord's assurance,  
That He forgives mistakes and wrong.  
Share the joy you have with others.  
Give as God has given you.  
He has fitted you for service,  
And every day you have is new*

*Frances Culp Wolfe*

## 2010 SUMMER TRIP REPORT

On September 14th thru September 21st, O.U.R. House and ARK House had our annual summer trip. This year, we again traveled to Topsail Beach N.C.

We left from ARK House at around 6:35 AM. At 12 noon, we stopped for a filling meal at a Golden Corral in Raleigh.

We arrived late at our house. Sharon, Diana and a few others went to the beach, while the rest stayed and rested up. Later, we went out to eat at a place call Rick's.

Most of the next day was spent either at the beach or at the house in the hot tub or pool.

At about 4:45, we went out to the Olive Garden to eat. We made a quick stop to do some shopping at "Shark

Attack".

After 5 wrong turns, we finally made it to the Olive Garden. On the way back, the lead van made 2 more wrong turns, for a total of 7 turns.

On Friday the 17th. we had a bit of excitement when one of the staff went out a bit too far and had to be rescue, luckily he was ok, even staying at the beach for awhile and evening going back into the water. That evening, we went back to Rick's to eat.

Saturday, a few members traveled to the Lynwood Park Zoo. It was a bit hard to find, and not much of a zoo, it was mostly wooded areas.

We spent most of Sunday inside. Very little time was spent at the beach mainly

due to some high waves.

We again spent most of Monday inside. Later that evening a few members went shopping in Surf City. That night, we packed our bags to leave tomorrow

Tuesday, after a hearty breakfast and checking and clearing our rooms, we left for home. We made a couple of quick stops to rest.

At around 2:30, we stopped at a Golden Corral for lunch and left an hour later. Four minutes later we again make another wrong turn, a new total of 8 wrong turns, a new record for being lost. We made a quick rest stop before continuing on home.

It was very late when some of us reached home. We was tired and happy to finally be home.

## **Cumberland Mountain C.S.B.**

O.U.R. House  
P.O. Box 1035  
Grundy, VA 24614



## ***Solutions***

*When we have a problem*

*The solution is at hand,*

*We can take it to the Master*

*For He'll always understand....*

*The answer may be different*

*Than what we've planned or sought,*

*But in God great wisdom*

*Some lessons have been wrought....*

*So we'll keep on praying,*

*Asking guidance on the way,*

*Knowing God will lead us*

*To solutions right each day*

*Virginia Borman Grimmer*

## **NEW STAFFS AND SPECIAL EVENTS**

O.U.R. House recently added two new staff persons to O.U.R. House.

They are Samantha Duty and Larry Justus. Both are from Hurley, Samantha lives on Paw Paw. She enjoys playing basketball, she has a mother and little sister. Larry lives near Gresses Fork, he is happily married and loves his kids. Welcome aboard, Samantha

and Larry.

On Tuesday, September 28, the staff and clients of O.U.R. House threw a surprise birthday party for Kristie Burks, from the main office.

We fixed up the kitchen and dining room with blue balloons. Curt fixed her a little birdhouse for her birthday. After some heart felt words for her and singing "Happy

Birthday", we went to the dinning room for the birthday dinner.

Some of the other events this past months included our annual SCA Retreat at Wise, VA in June. In July we had our WRAP Graduation on the first. A visit from Everett Franklin and Kristy Burks, along with members from SSI, and our annual Summer trip.