

# THE LAUREL HOUSE WEEKLY

## **Important Changes to Prescription Drug Coverage for people on Medicare Part D AND Medicaid or ConnPACE (CT Pharmaceutical Assistance Contract to the Elderly and the Disabled) or CADAP (CT AIDS Drug Assistance Program)**

At some point this week, if not already, you will receive a letter from the CT State Department of Social Services (DSS) notifying you of an important change in your Medicare Part D prescription drug coverage. Currently, DSS pays for prescriptions that your Medicare Part D prescription drug plan does not cover on its formulary (its list of covered medications).

**Beginning June 1, 2009, if your provider prescribes a drug for you that you are NOT currently taking, and that drug is NOT on your Medicare Part D Prescription Drug Plan's formulary, DSS WILL NOT pay for it. DSS will continue paying for drugs you are currently taking until January 1, 2010, even if they are not on your Medicare Part D Prescription Drug Plan's formulary.**

***DSS is available to assist you with the exception process* and will continue assisting pharmacies and providers with questions about your Medicare Part D Prescription Drug Plan. For assistance, contact the Pharmacy Unit at (860) 424-4880, or toll free at 1-800-340-0715.**

On and after June 1, 2009, if your provider prescribes a drug for you that you are not currently taking and that drug is not on your Medicare Part D Prescription Drug Plan's formulary, the pharmacist should contact your provider to discuss other drugs that are covered by your Medicare Drug Plan. Your provider may either change your prescription to a drug that is covered by your Medicare Drug Plan, or ask your Medicare Part D Prescription Drug Plan to grant an exception or authorization so that the drug will be covered. **If it is medically necessary for you to receive the specific drug that is not covered by your Medicare Drug Plan, your provider must ask for this exception or authorization from your Medicare Part D Prescription Drug Plan, or call the DSS Pharmacy Unit. These changes will remain in effect for the remainder of the fiscal year, which ends June 30, 2009 OR until a new budget is passed (after the end of the fiscal year). The new budget may or may not include this policy change.**

### *What's Inside*

Appreciations.....	Page 10
Birthdays.....	Page 4
Contact Information.....	Page 2
Unit Reports.....	Page 8-9

### **Question of the Week**

What did you do to get through all the rain this week?

*(Continued on page 3)*

### **Staff on Duty**

**Saturday:**

Ronald	9-5
Lauren	11-5
Doug	1-9 (Housing)

**Sunday:**

Wendy	9-5
Lloyd	11-5
Ray	1-9 (Housing)

**Laurel House, Inc.**

1616 Washington Blvd.

Stamford, CT 06902

(203) 324-1816

FAX: (203) 969-7021

Email: contact@laurelhouse.net

**Guaranteed Rights**

- ✓ A guaranteed right to a place to come.
- ✓ A guaranteed right to meaningful relationships
- ✓ A guaranteed right to meaningful work.
- ✓ A guaranteed right to a place to return.

**Laurel House Warmline**

Mon. - Fri. 5pm to 10pm 363-7174

**Laurel House Apartment Program**

Phone: 363-7174

After 5:00 p.m. call Elaine Brown 3 6 3 - 8085

*For Building Emergencies or repairs call:*

John Wooten: 536-7291

*For all other matters call either:*

Steve Dougherty: 536-7452

Jay Boll: 536-7292

Rob Lockhart: 559-9470

For Partners Program matters **ONLY**

James Atkinson 253-3497

Tara Sloane: 536-7126

**Emergency Contact Numbers**

Fire, police &amp; medical 911

Police routine number: 977-4444

Dubois (crisis) 358-8500

Poison control 1-800-222-1222

Connecticut quit line 1-866-END-HABIT

**ED-ITORIAL**

Sonia Sotomayor has been nominated for the U.S. Supreme Court by President Barack Obama. Ms. Sotomayor becomes the third woman to be chosen for the Supreme Court and the very first Hispanic to be selected for the nation's Highest Court. She would replace Dave Souter.

I had a very good time at the Laurel House picnic at Scalzi Park last Friday. The food was delicious and I listened to my transistor radio. I walked over with Chris Limone and Lloyd Marcus gave me a ride home.

I got a lot of laughs this past Memorial Day when I wore my George W. Bush What an A\*\*!!! Tee-shirt at the clubhouse.

I enjoyed the Laurel House Housing Dinner last Wednesday night. It is the first time this year that Housing had its dinner outside.

I want to remind all tenants and other Laurel House members that Rent Rebate Applications for 2009 are available at the Government Center between now and September 15<sup>th</sup>.

**An Unexpected Party The Virtues of Dwarves- Tolkien's World**

By: John P.

A wizard named Gandalf was searching for someone to share in an adventure. Gandalf had thirteen dwarves under his command. They had the unfortunate experience of mining coal. The lineage of these dwarves was of the great Lonely Mountain. The Lonely Mountain had gems, jewels, gold, silver and toys and other goods which the dwarves would sell to other races like men and elves. The dwarves had mithral, a special alloy of silver. The dwarves would make armor out of mithral for elf lords as well as gems. This was at a time when dwarves, elves and men were somewhat aligned. In ancient times dwarves and elves had fought one another; even then both races hated orcs and goblins which were considered evil and barbaric. In one part of this world were Hobbits or Halflings Gandalf told the dwarves that he had their lucky number; fourteen. The dragon Smaug had decimated the Lonely Mountain and the towns surrounding it (Dale and Esgaroth). Even then Esgaroth had rebuilt itself. These were both towns of men. Thorin the heir to the King under the mountain wanted to redeem his gold. Gandalf told Thorin that there was a hobbit in a place called the shire capable of burglary and a good number 14. This was a hobbit called Bilbo. For the first time Gandalf met Bilbo in ages he demanded that Bilbo share in an adventure. When Bilbo refused, Gandalf left a mark on Bilbo's door that meant, "Burglar wants a good job plenty of excitement and considerable reward."

*(Continued on page 7)*

## Question of the Week

(Continued from page 1)

Mike L.– I came here and read a book

Lauren– I read my new book and started the white board project

Michaela– I used an umbrella while singing in the rain

Carol– Energizer battery kept me going through the rain

Diane– I proceeded with faith that I am dryable

Rob– I slept, cleaned my house and worked out in my basement

Selma– I cleaned my house and watched some TV shows

Steve– I walked around with a towel

Frank– I avoided it

Jay– I did not notice the rain

Bob M.– I stayed at home

Ronald– I stayed home away from the rain

Martiza– I love the rain so I was dancing in the rain

Charles– I stayed at Laurel House

Geoff– I worked the Bistro

Paula– I stayed at my house

Arthur– I slept

Chris– I came to work and I put a smile on my face!

Bess– I walked in the rain

Earl– I stayed at home

Jeanne– I did my laundry and had chicken nuggets and macaroni

Liz– I stayed in my room and searched for my wallet

## The Minerva Column

### Minerva

speaks from the heart on the topic of letting go and letting God.

This topic is very dear to me, and it has taken a good place around the circle of friends here. I have shared this piece of advice to anyone and everyone.



When advising my authority to others I simply start like this-when you are worrying about several things, pick the most important worry, and worry it for 30 or 40 minutes write the worry down. Think of all the pros and cons angles, of the truth, make sure that you brainstorm this worry. Keep your concentration and stick to it..

After you have brainstormed get a bottle of iced water, sit down with your feet on the floor and relax. During this time, you will feel great, and all if you are centering your focus to relax, and Let God take over.

I believe that this method of religion, and faith work. I also believe in this method to get centered (which is having a focus point) this will be freeing with the truth. Please find peace within yourself.

Remember to repeat this unloading of emotional stuff, which will work. Once again do this exercise and your worry load will disappear.

**Next Week's Menu was not available at the time of publication.**



**Please check with the third floor unit staff or on the social planning board where it will be posted as soon as it becomes available!**

### **This Week's Birthdays**

**May 31st      June 5th**

**Anna R.      Gary H.**

**June 4th      Martin S.**

**William B.      Marc V.**

## **Policy & Planning Meeting Minutes**

Rent Rebate- See Fact Sheet. Rob Lockhart has these forms so please see him if you want to fill one out!

Budget Update- Reverend Sushter retiring from St. Luke's. Art Show a success.

Budget is 150.000.00 deficit.

- A. Looking to cut costs up the kitchen. Please bear with Agnes and the 3<sup>rd</sup> floor staff until we figure everything out!
- B. Andrea Sowell will be leaving us.
- C. Other things will change also but they are still being determined.

**We need suggestions on ways to make money!!!**

## **Advocacy Corner**

Anyone interested in joining the CAC or just attending the meetings please see Lauren in the Communications Unit. The CAC meets the second Thursday of every month in Norwalk at the Southwest Regional Mental Health Center.

Additionally, anyone that is interested in Advocacy should make every effort to stop by the communications unit to see what they can get involved in. We are coming up on the end of the legislative session so it would be great to make one last push for support from our legislatures on things that can greatly effect our program!

## This Week In Sports

by Ed S.

The Pittsburgh Penguins have won their NHL Eastern Conference Final over the Carolina Hurricanes in four straight.

The Detroit Red Wings are leading the Chicago Black Hawks, three games to one, in their NHL Western Conference Final.

The Orlando Magic are leading the Cleveland Cavaliers, three games to one, in their NBA Playoff Eastern Conference Final.

The Los Angeles Lakers and the Denver Nuggets are even at two wins in their NBA Western Conference Final.

Michael Allen won the Senior PGA Championship last Sunday by two strokes over Larry Mize.

The Crown Plaza Invitational is taking place the weekend at the Colonial Country Club in Fort Worth, Texas. WCBS-TV (Channel 2) will televise the third round Saturday, May 30<sup>th</sup>, from 3-6 p.m. and on Sunday, May 31<sup>st</sup> from 3-6 p.m.



## **DID YOU KNOW?!?!?!?**

By: Mike L. & Lauren Y.

- Mercury can get as hot as 800 degrees.
- Mercury can be as **cold** as 300 degrees below zero.
- Mercury was named for the Roman god of commerce.
- Mercury is the second **smallest** planet in our solar system.
  - Mercury has no moon.
  - A year on Venus is 225 days.
  - One day is **243** days on Earth.
- The clouds on Venus are made of sulfuric acid.
- One day on Jupiter is only 9 hours and 55 minutes.
- Uranus is 1.8 billion miles away from the Sun.
- Lightning is about 3 times hotter than our Sun.
  - The Sun is around 4.5 billion years old.
  - The Sun causes the ocean currents and weather patterns on Earth.
- The energy produced by the Sun is 383 billion trillion kilowatts.
  - The closest star to our solar system is called Proxima Centauri and it's over 4 light years away.
  - The light of the Sun takes 8 minutes to reach Earth.
  - The surface of the Sun is called the Photosphere.
- There are stars that are over 600,000 times as bright as the Sun.
- A star is created when the gases and dust in a cool nebula condense.

When the gases and dust inside a cool nebula condense, the new object is called a **protostar**

## A Good Appearance

By: Bonny J.

Try not to wear your heart on your sleeve. When I was a teenager I was able to shop Lord and Taylor, Macys, and Baltmans. At that time I was able to shop at theses Department stores. Time s changed where I had to use budget clothing stores. You don't have to be a millionaire to dress nicely. Try to mix and match. In order to look good in my clothes I am a lifetime member of Weight Watchers. I started using good face cream at the age of thirty. At a later age I started to do aerobic I had a Richard Simmons tape Denise Austin and Jane Fonda exercise tapes. Every day put your best foot forward.

## Timothy's Joke Corner

By: Timothy K.

What did one apple say to the other? You are appealing!!!

Why is the number 6 afraid of the number 7? It was because 7 ate 9.

How do you know when an elephant is in your bathtub? By the peanuts on his breath.

What happens when you cross an elephant with a jar of peanut butter? Either an elephant that sticks to the roof of your mouth, or a jar of peanut butter that never forgets!!!

One time I was in Target and complained about something. The answer I received was that's retail for you. I retaliated with sort of like playing pin the tail on the donkey. Retail get it!!!

Why did the Polish private salute the refrigerator? H e thought it was General Electric!!!

What is big and black and lies in a corner? Gomer's pile!!!

Every Marine I ever met from the marine corp. used to call me squid. I heard through the grape vine that the marine corp. commandant said do not call them squids. The marine's mouth dropped open and his eyes got big and said how come? Because if you look it up in the dictionary it will say they are a higher form of marine life. That being from the navy makes me feel better.

*(Continued from page 2)*

The next day Bilbo had dwarves walking at his doorstep saying, "at your service."

The only exception was eventually Thorin and Gandalf himself. All of them acted as if they were expected. Bilbo soon found himself as a burglar on a quest to defeat Smaug.

Bilbo at first ignored the dwarves' song about defeating Smaug and a new King under the mountain. When Bilbo was called more a grocer than a burglar, he put himself on his dignity and committed himself on the task as number fourteen. The thirteen dwarves won the quest so did Bilbo, the lucky number. The dwarves played harps and sung a song which won Bilbo over.

At first the dwarves made mention of chipping the glasses and cracking the plates but they did none of these dreadful things. Bilbo insisted for light but the dwarves said, "Dark for dark business." Bilbo was called a fellow conspirator. Thorin praised Bilbo for his wine and ale.

The next day for preparations Bilbo was running to the Green Griffin Inn and the dwarf Balin said "bravo."

As the journey began the party had an encounter with trolls which they won. Not long after this they found themselves in the elf town of Rivendell. The elf lord Elrond told them that the swords they had captured from the trolls were elf make and not troll make. They were old swords of the High Elves in the west, probably plundered by other plunderers. The dwarf and goblin war at the mines of Moria might have something to do with it. One of the swords was named Orcrist the Goblin-cleaver. The other was called Glamdring or Foe-hammer. Thorin took one and said "I will keep this sword in honour and may it soon cleave goblins again." Bilbo also found he had an elf dagger which he named "sting."

Soon the journey encountered the Misty Mountains; the whole party was captured by goblins in caves very deep. The great goblin spoke to them and said, "Murderers and friends of elves wouldn't surprise me." Thorin said, "Thorin the dwarf at your service." This was a polite nothing. The great Goblin said, "I would like to know all about you." The great goblin let Thorin know this would not do him much good, for he knew all about Thorin's people. When the great goblin saw the sword he said "murderers and elf friends."

Gandalf soon got Bilbo and the dwarves out of this predicament. In the meanwhile Bilbo acquired a ring which could make him invisible, yet Bilbo felt Gandalf may have known his little secret. The first dwarf to find out was Balin, after many questions he exalted Bilbo.

Soon the dwarves were at the Lonely Mountain and Bilbo stole from Smaug. Smaug laughed at Bilbo's assertions of revenge. Smaug told Bilbo that one-fourteenth share could not possibly make back west, not with taxes, tolls and raids. The dwarves promised they would do all they could. The dwarves warned Bilbo that talking too much to an adult dragon could cause a confusion called, "dragon fever".

After the death of Smaug the dwarves and their army joined a battle with elves and men against goblins. The free peoples won.

It is only fair to add two things. In the book *The Hobbit* Tolkien does say in the chapter *Over Hill and Under Hill* that in some parts evil dwarves had even made alliances with goblins. Gandalf had warned Bilbo not to go to a place north of the forest of Mirkwood called the Grey Mountains due to the goblins, hobgoblins and orcs in that location.

In addition to *The Hobbit* there is a book called *The Two Towers* also by Tolkien. As it goes, at the battle of Helm's Deep a bet was made. Gimli the dwarf told Legolas the elf that he could kill more orcs than him. This was said to be the first time a dwarf had beaten an elf in a contest of words.

One day, after the journey, back Gandalf returned to the Shire with Balin wearing a jeweled belt.



## Laurel House Unit Reports



### Communications Unit Report

Good afternoon Laurel House. Hope everyone is staying dry today. This week in the communications unit, we have been working on several projects. We have finished April's outcomes board and have started refurbishing our unit projects board. We are gearing up for the big match campaign mailing which will be starting next week we could use everyone's help with this mailing. We expect everything to go smoothly. Lauren will need extra help in the unit in the next two weeks as Gillian will be on vacation. Please pitch in anyway you can.

Next week will also be orientation if you are interested, in getting to know new members, and helping them to be comfortable at the clubhouse please attend the meeting on Friday at 11-00 in the human resources room or, the 10\_00 in the conference room. Orientation just isn't the same without member help

In advocacy news, Mike Dan, Lauren, and Michelle have been making phone calls to legislators to request their support in fighting the governor's proposal to cut the budget by making people pay a co-pay for their psychiatric meds.

We could not have accomplished all this work without the following members:

***Bob A, Susan A, Jerry B, Michael C, Virginia C. Daniel C, Geoffrey C, Marie D, Terri E Cheryl F. Carol K, Tim K, Christina W, Mike L, Selden K, Jessica M, Edward M, Michelle M, Frank P, John P, Nick R, Michael S, Vanessa S, Edward S, Dante T, Lee W, and Mildred V.***

Have a great weekend, everyone.

### Employment Unit Report

Hello Everyone,

Employment would like to congratulate Rajat on his first day of work this past Tuesday, he said everything went well and that he is excited

to be working again. Unfortunately, he will not be seen at the clubhouse for the next ten weeks, due to training. Daniel Y. is beginning his orientation at Marshalls today, and we are hoping to begin scheduling interviews for the Whole Food's TEP soon.

Employment has been working hard with job development and we have been feeling encouraged by our efforts with employers seeming to be receptive to our transitional employment program. We are hoping for some positive follow-up in the near future and will keep everyone informed as things unfold.

Also, we are pleased to announce that we currently have 85 out of 150 completed consumer satisfaction surveys' for the clubhouse. Every unit received survey's and are expected to assist in reaching the clubhouse required goal for completed surveys.

We would like to appreciate the following members for their participation in the unit this week: Daniel C., Lev Z., Frank P., Ed M., Michael K., Alice G. and anyone else we may have left out.

Have a great weekend!

### Third Floor Unit Report

Hello everyone, welcome to the program meeting. Greetings from the Bistro and the third floor unit. Our goal for reach-out this week has been successfully achieved. We had made 27 reach-out phone calls. Also surveys had been filled out, thank you everyone.

Today, Ronald with the help of some members will be baking home made sugar and oatmeal cookies, the grant total will be 40 boxes, which will be taken to the post office and will be mailed to all the nice donors and people that help in our art show experience. This is a great way of saying thank you from the bottom of our

*(Continued on page 9)*



## Laurel House Unit Reports



Laurel House hearts.

We must give a big congratulation to Mike Y., for making our horticulture room look like a real green house. Your dedication and great effort it's highly appreciated. So please free to visit Mike's green house.

Please come and join us at our social planning that is taking place every Monday, we will like to hear about your different input.

Our Members of this week are Mike T, Mike Y, Priscilla. Bee B, Budita, Erick, Cornelius, Charles, Jesse R, Suzie, Geoff, Michelle P, Bob W, Andy, Maureen, Lorena C, Jose M. Please let's give them a big applause, they all deserved for all the great help and hard work, thank you all of you.

At last, Gillian have a great and fantastic trip. See you. YIASSAS!!! Please bring back some Mediterranean sunshine.

Have a wonderful weekend everyone, God Bless you all, NAMASTEI

The Third floor unit team.

### **Housing Unit Report**

The Housing Unit has been very busy this last week. We helped Naomi R. to move the rest of her things to her new apartment today!

We all had an enjoyable Picnic on Friday at Scalzi Park, great weather and lots of fun!

We are now trying to plan where we would like to have our Unit Retreat, all Housing Member's are welcome to make suggestions and to attend!

Thank you Melissa V., Dave H. and Park H. for maintaining the lounge outside of Housing, the area is much improved, keep up the good work!

### **Wellness Unit Report**

Good Afternoon Everyone! We hope that you are all doing well. There will be a brainstorming

session on how to format the Laurel House Smoking cessation program better to help all of you out there! This will take place today at 4:00 p.m. If you are interested in learning more about smoking cessation, on Tuesday June 2<sup>nd</sup> from 2:00-3:30 p.m. there will be a presentation in Bridgeport on "Smoking Cessation and Gender" which Laurel House would like to participate in to get some new ideas. If you are interested in attending please inform Tara. In the meantime come check out our smoking cessation program. The meetings are 4:15-5:15 p.m. Any ideas for the program are always appreciated! A gigantic thank you goes to Carol K. for absolutely everything she has done for the program.

People have been raving about our wonderful nutritionist Angie, and if you haven't yet met with Angie make sure you sign up for this wonderful service. Staff, look through your caseload and see if there are any members you would like to refer to this wonderful program.

The Lunchtime walking group occurs everyday at 12:30 p.m. and we are looking for more volunteers to run the walks, if you're interested let us know. Don't forget to document who went walking with you that particular day! That's all from Wellness, have a great weekend and stay well!

### **Thrift Store Unit Report**

The thrift shop is doing well as usual.

We just received a "new" microwave large enough for a small roast.

We also have a new truckload of furniture from a house up in north Stamford.

We need help working on the truck with Eugene. If you can volunteer for half a day or a whole day, please drop by the store and talk to Steph or Eugene.

As usual, we would like to thank all our volunteers, Marie, Lisa, Bonnie, Evelyn, Diana, James and Alex.

# Appreciations

Paula: Gillian, Tara, James

Michelle: Gillian and Lauren for help with school and medical help

Tara: Charles and Ed D. for Helping Monday with closing and cleaning

Michelle: Charles and Cornelius for doing a great job

Agnes: Jeannie for helping on 3<sup>rd</sup> floor

Dan: Eugene for having a great memory

Tim: Lloyd for attention to detail

Elaine: Debbie P. for help with shopping at co-op

Mayra: Marie B. for helping filing

Mike L. for mail help

Agnes for BRS help

Agnes: Charles for ritualistic dedication to 3<sup>rd</sup> floor

Gillian: Cheryl for her help in the unit

Lauren: Chris for help and guidance with orientation

Ronald: Jesse for baking cookies

Paula: Lloyd for his hard work

# Announcements

Steve: New Chairman of Laurel House

Bill Battey has been nominated, yet to be elected by the board.

Michael Parker will be stepping down as chair

Next year's budget deficit is projected at \$120,000. Need to make cutbacks to budget. Costs are up (health insurance) and revenue is down (thrift store)

Andrea Sowell was laid off this week.

## Credits

### Editor

Lauren Y.

### Editorial & Sports

Ed S.

### Unit Reports

#### Communications

Gillian & Cheryl

#### Employment

Portia

#### Third Floor

Maritza

#### Wellness

Tara

#### Housing

Tammy & Dave H.

#### Thrift Store

Doug

### The Minerva Column

Carol K.

### Other contributions

John P.

Bonny J.

Timothy K.

Lauren Y.

Mike L.

### Typing

Lauren Y.

Diane F.

Carol K.

John P.

A special thank you to all staff and members for their help in creating and compiling this week's publication. Even if your name was not specifically mentioned, we acknowledge that we couldn't have done it without you. Thank you.

- The Editor