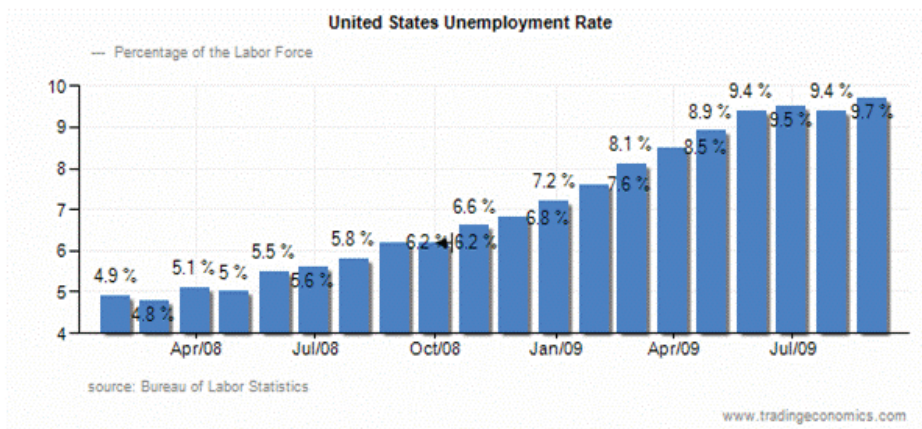


# THE LAUREL HOUSE WEEKLY

## LAUREL HOUSE WORKS

By: Steve D.

In the past few months it seems to me that our success rate here at Laurel House for obtaining jobs for our members has not been affected by both the current recession and unemployment rates reaching a record high. Why is this? “I think our members have a great support system which gives them the motivation, drive, and tenacity to keep looking for work when others might give up” says Portia Howard. She goes on to say that the fact that Laurel House provides supported employment is appealing to prospective employers because of a few key factors; “A good selling point for any employer is that we provide them with an extra set of hands where needed, or in some cases the equivalent of a full time employee for the price of a part timer”. A good example being Marshall’s in the Ridgeway Shopping center, “Management there ‘gets it’, they understand that while helping the community by offering these types of jobs to our members, they also improve their bottom line”. Many other local companies could learn a thing or two by their example, and we could all learn from each other that hard work and persistence can really pay off, not only financially but for self esteem as well.



### What's Inside

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

### Question of the Week

**Who is the first person you call when you have a bad day?**

### Staff on Duty

Saturday:

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

Sunday:

Tammy	9-5
John	11-5
Doug	1-9 (Housing)

If you would like to receive this publication via email in adobe pdf format, email us at [contact@laurelhouse.net](mailto:contact@laurelhouse.net)

## ED-ITORIAL

### Laurel House, Inc.

1616 Washington Blvd.

Stamford, CT 06902

(203) 324-1816

FAX: (203) 969-7021

Email: [contact@laurelhouse.net](mailto: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 363-8085

*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 & medical 911

Police routine number: 977-4444

Dubois (crisis) 358-8500

Poison control 1-800-222-1222

Connecticut quit line 1-866-END-HABIT

The deadline for the Rent Rebate applications is September 15<sup>th</sup>, (Next Tuesday). If you haven't finished making out your Rent Rebate form and or you haven't gotten your letter of Rent and TPQY, you must do it as quickly as possible by next Tuesday September 15<sup>th</sup>.

I had a very nice time at the Laurel House Labor Day Picnic last Friday at Scalzi Park. The food was delicious and well prepared especially Steve Dougherty's birthday cake. I want to congratulate all the members and staff for making this picnic a huge success.

President Barack Obama gave a nationwide speech this past Tuesday to all the school children.

I listened this past Monday evening to WCBS-FM (101.1) as they concluded their top 500 Labor Day countdown. Hey Jude by the Beatles finished at #3. In the still of the night was #2, and Michael Jackson's Thriller was the number one song.

As of this writing, the Health Care reform speech that President Barack Obama delivered to House of Congress has not been given yet. I trust he will knock it out of the park as he always does. I hope that everyone has watched the speech.

I hope that Michelle and Bobby B.'s baby is born happy and healthy and that there will be no complications in the delivery. I want to wish Michelle and Bobby all the happiness in the world and good luck with their baby.

I always miss Chris Limone when she goes on vacation, and this week is no exception. I hope she and Mike and Roger are having a good time and I am looking forward to their safe return.



To the victims and families of September 11<sup>th</sup>, 2001 We will never forget, may peace be in your hearts.

## Question of the Week

Lauren- Well I used to call my Gram but since she passed away I call my mom.

Brian S.- I would probably call my therapist.

Gillian- I would call my best friend, Marni.

Jesse- I don't call anyone, I don't have bad days!

Naomi- The "Motley" Crew.

Jay B.- My wife.

Vince G.- DuBois Center.

Carol K.- I wouldn't call anyone, I'd wait till Time came home.

Ronald S.- Mayra.

Frank D.- My sponsor.

Selma- My sister.

Steve Da.- My sister or mother.

## The Minerva Column

Today's column for Minerva is a boastful Minerva. On Labor Day I got out of a cab (on the backside of Laurel House.) A member came up to me and was crying, out of control. Apparently another member was not breathing. I grasped his hand-lifeless. Immediately I took out my cell phone and dialed 911. It seemed that the men from the Fire House next door responded to our emergency. At first they couldn't get a pulse rate and that was scary since I told them that he did not respond to me when I held his hand.



The firemen took him and laid him on the ground and got his breathing back. While

“working on him” they put him on a stretcher. Everyone was worried about Andy also. A staff member was on the scene and went upstairs to get his records-with his medication written down in his chart. All of us I believed in our own way Prayed to God.

After a few hours, I called the ER and had a member speak to the ER to find out how he was. They said that he was responding to the medication. Everyone was happier about those few words of hope that our prayers had been answered. Thank God.

It's important to most of us that we are caring for everyone here at the club. There is the need for all of us to put your best foot forward giving that 100% to one and all. The member has recovered I believe. I believe in miracles.

## Next Week's Menu

**Monday**  
Lunch:

**Employ. & Ed. Dinner: TBA**

**Tuesday**  
Lunch:

Dinner: TBA

**Wednesday**  
Lunch:

Housing **Dinner: TBA**

**Thursday**  
Lunch:

Dinner: TBA

**Friday**  
Lunch:

**Saturday**  
Lunch:

**Sunday**  
Lunch:

## This Week's Birthdays

September 12th	Karen W.
Andy C.	September 18th
William C.	Lorrita M.
September 13th	Andre F.
Patty Q.	Ifcar J.
September 14th	
Neil M.	
September 15th	
Sandra H.	
September 16th	
Ronald S.	



## Policy & Planning Meeting Minutes

I: Renewing action plan-Jay B.

\*Horticulture Room-Link to wellness

Community gardens (where?)

Advantages- increased space, no animals, interaction with community, and prominence to Laurel House.

Lauren talk to Agnes about plot.

Find out deadline to sign up.

\*Reach-out system –better reporting

Do we need more codes? Proposed codes to be reviewed/ decided upon

IN- incarcerated/ institutionalized - SH- Supported Housing

Confidentiality around reach-out on going problem.

Please be discrete when disclosing information in community meetings.

Should we have form or disclaimer for people to fill out either @ application or membership cards paperwork?

When adding new names to the sheet cross check somehow so people that don't want reach-out continue to not receive it.

Members disappearing from the list that need reach-out and never received it.

Speak with Chris about why this is happening.

\*Service Plans- out of date

\* LH ID Cards- Dan & Wendy ordering system

\* Video Broadcast- making great strides- Tom R., Portia, Geoff, & Shelley

\* Thrift Store- strengthen ties with the clubhouse

- need unit functions

- members/ community volunteers

\* Wellness Program

3-4:30 Committee Meeting twice a month

\* Reorganization of Employment Unit- Presenting this next Tuesday at P&P Meeting

\* Streamlining Housing/LH app in general

\* Enroll more people in BRS/ Ticket to Work

\*Update Strategic Plan- Sept. 29<sup>th</sup> (next board meeting)

\* Formal Fundraiser

\* Business Plan for Thrift Store

II: Advocacy- Lauren & Laurie

CAC- Thursday 9/10/09 4:00-5:30pm Norwalk

KTP- Wednesday 9/16/09 10:00-12:00 Middletown

## **This Week In Sports**

by Ed S.

Steve Stricker birdied the 71<sup>st</sup> and 72<sup>nd</sup> holes on Monday to capture the Deutsche Bank championship by one stroke over Jason Dufner and Scott Verplank. The win puts Stricker on top of the Fed Ex cup points standings with two play-off events left.

The BMW Championship is taking place this weekend. WNBC-TV (channel 4) will televise the third round on Saturday and the final round on Sunday. Check your local TV listings for the correct starting time. This is the third of four Fed Ex cup playoff events. The top 70 golfers on the Fed Ex Cup point list will be taking part.

The U.S. open Tennis championships are set to conclude this weekend (Sep.12 and 13). The Men's semifinals will be televised on WCBS-TV (channel 2) at 9/12 starting at 12:00 p.m. and the Women's final will be shown on channel 2 that night at 8:00 p.m. The men's final will be televised on Sunday September 13<sup>th</sup> at 4:00 p.m. or when the NFL game is over. Channel 2 will televise that as well.

In the U.S. open, look for a Roger Federer-Rafael Nadal Men's final. As for the Women, look for Serena Williams to face 17 year-old Melanie Oudin.

In Major League Baseball, the Philadelphia Phillies, the St. Louis Cardinals, and the Los Angeles Dodgers appear to be heading for their respective NL Divisional titles. In the American League the New York Yankees, the Detroit Tigers, and the Los Angeles Angels of Anaheim are holding comfortable leads in their respective divisions.

As for the Wild Card races the Colorado Rockies lead the San Francisco Giants in the National League while the Boston Red Sox hold a two-game lead over the Texas Rangers.

## **Stamford Rotary Club Presentation**

### **September 8, 2009**

By: Bob S.

Today, Deb Morant, Wendy Champeix and I went to a luncheon at the Holiday Inn in Stamford. We were invited by the Rotary Club of Stamford to present information about Laurel House and Mental Illness.

Lunch was great and conversation was a delight. Wendy and Deborah spoke about how Laurel House works and what a positive place it is. I spoke about my illness and membership of Laurel House. We also showed our intake video.

The response was very positive. They showed genuine interest. We invited the approximate 40 people in attendance to come to Laurel House and learn more about us.

I think this may lead to good things for us. They did show a supported interest.

It was a good experience for me because I spoke well and was not too nervous. In fact I felt comfortable sharing my story. Perhaps, it is a first step towards becoming an advocate for Laurel House or even mental illness as a whole.

## Obama's Address to Congress September 9<sup>th</sup>, 2009

By: Ed S. & Lauren

Last evening was a night we have been waiting for, President Barack Obama stepped up to the plate and really hit one out of the park. He made some great points regarding how much he would like this reform to be bipartisan and he also knocked down some of the myths regarding what this reform would mean for certain groups of people. Although he was heckled by a few congress members he was unfazed and was clear and concise in his message. President Obama is a wonderful orator, one of the best we have ever seen. The way he went against the myths was a part of the speech we really felt he did the best.

Many people believed that this reform would be vetoed and it would be another term, or another election before this would go forward but Obama made it clear that would not be the case last night. "The time for bickering is over," Obama said. "The time for games has passed. Now is the season for action." This got the biggest applause of the night and really made it clear that all of this talking and arguing will be coming to an end in the near future.

We look forward to seeing the healthcare bill signed by President Obama by the end of the year. Keep following this in the newspaper and on TV so that you are informed on how this change might affect you!

## Feeling Loved

By Steve D.

Feelings are intangible, although they can be touched  
Some are given freely, while some we tend to clutch

The stronger feelings are, the more fragile they become  
Some they may get hurt, and others just go numb

Cultivated from our birth, and the lifetime that we sow  
As long as we shall feed them, the more that they will grow

We feed them upon laughter, and sometimes within tears  
They remind us of others, we've lost throughout the years

The feelings we hold dear, those closest to our chest  
Are those which are of love, that make our lives so blessed

## An Ode to My Right Foot

by Gillian T.

So lately the left has been getting lots of attention  
But I think it's time I remembered to mention  
The foot that has stood, steadfast and strong  
While the left took a turn that was totally wrong.

My Right, like the good child in a family  
Has been ignored, despite its lack of calamity.  
No one complements the Right for bearing my weight  
For driving the car and propping the gate

While Lefty is lame, Right does more than its share  
It must be so sad, that nobody cares  
So here's to my Right Foot, on whom I rely  
While my other extremity is on Stand-by.

## ADVOCACY NEWS

Wednesday the advocacy crew will be making its monthly trip to Middletown for the Keep the Promise Meeting. If you are interested in coming please see Lauren or Laurie. We will be leaving the clubhouse at 8:30am to return at 2:00pm. There will be a presenter from Betty Gallo & Co. to inform us on the recent budget that passed without the governor's signature.



**Communications Unit Report**

Good afternoon everyone! Communications is happy to report we finally have the Development Newsletters we have been talking about for weeks, so now we need everyone’s help to assemble them and mail them out! It’s not hard, it’s just time-consuming, so if you can lend us some of your time, please do. Your help makes all the difference!

Next week we will be hosting Orientation for new members. If you would like to be among the first to welcome these new folks, please meet us in the Conference room at 10:00 on Monday. We also have a meeting of the Orientation Team every Friday at 11:00 in the Human Resources Room.

This week we had our regular Advocacy Meeting at 2:00 on Wednesday, where we discussed the upcoming KTP meeting and the CAC meeting this afternoon. If you’d like to know more about these strange acronyms, please speak with Lauren, or a member involved in Advocacy. Soon we will be able to discuss the state budget that was passed, and what it may mean for us and our programs. Stayed tuned, and join us every Wednesday if you can.

This week was our monthly Supported Education Dinner and it was a lot of fun. Thanks to Ronald and all the members who helped out to cook and clean up. We had a discussion that included mentoring and tutoring. If you are interested in mentoring or tutoring a member, or you would like to have a mentor or tutor, please see Gillian or Lauren for an application. Please turn in completed applications by September 15<sup>th</sup>.

We can’t forget to thank the following people who helped out in the unit this week:

Dan C, Steve D, Geoff C, Cathy D, Terri E, Brian F, Carol and Tim K, James K, Marsha L, Jessica L, Richard M, Edward M, Michelle B, Frank P, Richard P, Edward S, Mike T, Elizabeth V, Liz W, and Donna Y.

**Third Floor Unit Report**

Greetings from the bistro and the rest of the third floor unit.

We here.... staff and members alike, are always

happy to pour a friendly cup of coffee with a joke to follow, so come on down and be part of our punch line because we serve that too....

Yet another week is drawing to a close on the third floor only to be followed by more dishes to wash, meals to serve, shelves to stock and cakes to bake. Our day is a never ending cycle of life sustenance.... And this momentous task can only be achieved with the help of you – our members. As much or as little time you give to us, it makes a world of difference to our clubhouse.

This weeks reach out calls were 17, thank you to the members that helped us out. Richard P, Derrick, Geoff C and Donna Y.

This week at the social committee planning meeting, members and staff discussed plans for Movie night, our movie this month will be Shall We Dance, starting actors Jennifer Lopez and Richard Gear. The Coffee House will feature tasty treats and lively spirits. Also, the committee discussed the plans for camping and trip activities.

Special thanks to our returning member Steve J. for helping with dishes. he did a great job!!!

Please come to our menu planning meeting and share your thoughts every Friday at 1:30pm in the bistro.

That brings us to our member of the week!! Richard P.

Richard Pillar, thank you for your dedication to the unit, for your help with putting away food, running the bistro, washing dishes and breaking down boxes all in one day. That is why we name you our member of the week. Congratulations, let’s give him a big hand.

And finally we would like to thank the members who made the operation of this unit possible. Members like Mike T, Melissa, Kim, Bea, Michelle B, Michelle M, Leanne, Chris, Geoff, Marcus, Lev S, Shawn B, Jeannie, Donna Y, Carol K, Paula, Liz W, Jesse R and Jesse B. And anyone else that we might have forgotten



Thank you and have a great weekend, The third floor.

### **Housing Unit Report**

Hello everyone, this week went by fast. The housing unit continues to assist members with their apartments and entitlements. The rent rebate program will close on 9/15 you only have a few more days to apply. We need volunteers to operate the food co-op if you are interested please come over to Housing and Mike T. will train you. The weather is changing fall is here we are reminding everyone to take out your warm clothes. Congratulations to Joe M. he started his new job on Tuesday we miss you already. Joe is a hard worker he will do a great job. Thanks to everyone who helped this week Mike T., Cindy M., Brian S., James K., Leighann P., Liz W., Debbie P. we appreciate all of your hard work.

### **Thrift Shop Unit Report**

We are thrilled to have Eugene back and in good health! Many thanks to Ray, Junior, and James for helping while Eugene was out!

We now have elegant curtains hanging in the shop window, thanks to Shirley our dedicated volunteer for her generous donation!

Welcome Jeannie to our member volunteer team!! We love your enthusiasm!!

And continued thanks to all our thrift shop volunteers including Alan, Vanessa, Brian, Lisa and Rosie! Your effort and time is much appreciated!!

### **Wellness Unit Report**

Hello to all of you at the clubhouse, we hope you're all doing well today. On September 16<sup>th</sup> there is a Vision Open House from 11:00 a.m. to 1:00 p.m. in Stratford which they will provide hands on demonstrations of technology available to individuals with low vision diseases. If you are interested in attending please inform us and we will try to reserve a spot.

Yesterday we had our Wellness Committee Meeting and we discussed about having Wellness stay as a program over making it a unit. There are still details that we are working on for it to be a program. Wellness appreciates those of you who have been

participating in these meetings to make this program a fabulous one.

Angie the nutritionist is here on Tuesdays, if you are looking to lose weight or receive more information about your diet, sign up for an appointment with Angie with either Tara or Eric. If you're a member at L.A. Fitness make sure you are getting your payments to Frank.

The smoking cessation program is looking for your feedback and would like to know what will help YOU! So, come and join these meetings on Tuesdays and Thursdays in the conference room at 4:15 p.m. run by the delightful Carol K. who has been amazing leading the groups and being supportive for people who want to quit.

If you're finding that time's a wastin' and you are bored with nothing to do, Wellness would appreciate *your* help and we have numerous projects for people to get involved with. Have a great weekend everyone and stay well.

### **Employment Unit Report**

Hello Everyone,

Employment would like to congratulate Donna Y for accepting the TEP at Marshall's as a Sales Associate in the men's department and back-up cashier she will begin orientation next week. We also want to congratulate Diane F. who was extended an offer from Goodwill Industries of Western CT as a Peer Employment Mentor and is scheduled to start next week Monday. Good Luck to the both of you on your new job!

The video broadcast has been working on their fourth recording and is hoping to be prepared for the viewing during coffee house next week Friday. The featured story is education and we are still in need of a field reporter and/or anchor person, if you are interested please join us every Monday 3:30 – 4:30 and every Wednesday 2:00 – 3:00 in the employment unit. Have a great weekend!

# Appreciations

Paula S. appreciates Eric G. for her with her math

Tammy appreciates Brian F. for helping her and Lauren on Tuesday night with the social dinner- he did a great job!

Douglas appreciates Geoff C. for helping make a new planter downstairs

Liz W. appreciates Selma for her hard work because she does a great job in the bank every day

Selma appreciates Carol K. for always helping her in the member bank and that cheesecake pie which was very good – thanks Carol

Gillian appreciates Ronald for covering the dinner with me at the last minute and for all his help with cooking and clean up!

Ed McD. appreciates Elizabeth in communications and Frank in employment

Diane appreciates Portia for everything she did in helping her get a new job.

## Credits

### *Editor*

Lauren Y

### *Editorial & Sports*

Ed S.

### *Minerva Column*

Carol K.

### *Unit Reports*

#### *Communications*

Gillian

#### *Third Floor*

Agnes

#### *Housing*

Tammy

#### *Thrift Store*

Doug

### *Other contributions*

Steve D.

Ed S.

Lauren Y.

Bob S.

Gillian T.

### *Typing*

Terri E.

Lauren Y.

Steve D.

Bob S.

Carol K.



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