

THE LAUREL HOUSE WEEKLY

How You Can Help Haiti

Reprinted from the Stamford Advocate



Here are some ways to help with disaster relief in Haiti following Tuesday's earthquake:

- The Salvation Army Team Emergency Radio Network is helping people with information concerning people in Haiti. To fill out a request for information, log on to <http://www.SATERN.org/> and click on the Health and Welfare Information Request button.

- The city of Stamford will collect medicine, baby supplies and food in conjunction with the Yerwood Center. Donations should be brought to the Yerwood Center, 90 Fairfield Ave., Monday to Friday from 9:30 a.m. to 9 p.m. and Saturdays from 9 a.m. to 1 p.m.

- The city of Norwalk is setting up a bank account for donations. For information, see www.norwalkct.org.

- Stamford-based AmeriCares is preparing to ship \$3 million in medicines, bandages, and other supplies. To donate, call 800-486-HELP or visit www.AmeriCares.org.

- Save the Children, based in Westport, is seeking donations at www.savethechildren.org.

- The Connecticut chapter of the American Red Cross is committing \$1 million in aid. Those who wish to contribute can find links at <http://ctredcross.org>, call 1-800-

REDCROSS, or send a check to the International Response Fund at the American Red Cross, P.O. Box 37243, Washington, DC 20013. Anyone wishing to offer their services or donations to the Stamford Haitian relief effort should call the American Red Cross at 203-363-1041.

- Norwalk-based Hope for Haiti, a 20-year-old non-profit relief organization, is conducting relief efforts and planning to airlift supplies from Naples, Fla. Donations to the group can be made through www.hopeforhaiti.com.

- The United Way Worldwide Disaster Fund is accepting donations at <https://volunteer.united-e-way.org/uwwwwdisaster/donate/>

- The Stamford chapter of the National Association for the Advancement of Colored People is seeking corporate and individual benefactors who will match contributions it collects in the community. For information, contact chapter President Jack Bryant at 203-249-6933.

- The Basilica of St. John the Evangelist Church, 279 Atlantic St., which serves about 800 Haitian families, will have a special Mass at 7:30 p.m. Monday. The second collection at all Sunday Masses and at the Monday Mass will be donated to Catholic Relief Services to address the crisis in Haiti.

- Eglise de l'Epiphanie, a Haitian congregation at St. John's Episcopal Church, 628 Main St., will take a special collection to support relief efforts during a Sunday service at 6:15 p.m.

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Question of the Week

What is your favorite kind of fundraiser?

See Page 3

Staff on Duty

Saturday:

| | |
|-------|------|
| Selma | 9-5 |
| Tara | 11-5 |

Sunday:

| | |
|--------|------|
| Portia | 9-5 |
| Steve | 11-5 |

Laurel House, Inc.

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Stamford, CT 06902

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FAX: (203) 969-7021

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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 5 3 6 - 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

ED-ITORIAL**by Ed S.**

Republican Scott Brown upset Democrat Martha Coakley to capture the late Ted Kennedy's Senate seat in Massachusetts.

I was very happy to see A. J. Bowron last Friday. He is only four months old and is growing up nicely.

I attended a small service for Kellen Burke last Friday afternoon. Yours truly and several other members and staff attended and shared memories of Kellen. Rob Lockhart presided over the proceedings and did a good job.

I watched the Golden Globe Awards last Sunday evening. Avatar won for Best Picture - Drama and James Cameron won for Best Director. Jeff Bridges won Best Drama Actor for Crazy Heart and its theme song won for Best Original Song. Sandra Bullock won Best Actress - Drama for The Blind Side.

This past Wednesday, January 20th marked one year that Barack Obama has been President.

Prose**by Bonny J.****Ebb Tide**

The waves kiss the shore. The beauty of the changing tide. The sun and the moon brings the change of high tide and low tide. The fish live in the sea. Lobster, clams, swordfish and more.

Life

Life is a mystery. What do I find I don't know. Bonny it will be alright. You have people who really care about you. God please help me. I turn it over to the Hands of God. I can do no more.

Silent Night

There is an answer for everything. When we think everything is in despair there is for a short time that there is light at the end of the tunnel. A silent night when you wake up. As there is white snow making a blanket of white. Pure and innocent. A display of nature at its best. A whisper of snowflakes hitting the ground. It was a Silent Night awakening to a white blanket of snow.

Question of the Week

Nick- Car wash.

Bev- Save your change.

Elaine- I like the art show, that was nice.

Christina W.- Raising money for the poor.

Ed S.- The Move-A-Long.

Brian F.- Fundraising dinners.

Rob S.- Have a garage sale.

Michelle S.- I like auction galas.

Geoff C.- Anything that involves the arts, filmmaking, or anything creative.

Wendy- Whatever makes us a lot of money.

Gillian- A bake sale, obviously.

Mike S.- Car wash.

John S.- A tag sale.

Jimmy S.- Selling lemonade.

The Minerva Column

Today's an interesting column from Minerva, actually a very frustrating columnist to say the least. Maybe the best way to preview the Weekly is finding the paper filled with interesting material to suited to each and every member. The topic is learning to use the computer, and not to be computer illiterate.



My need to finish up my Associate Degree is that I have only two classes to graduate with my Early Childhood Education Major. The classes are an Algebra Class 102, and a Computer Class. The math class should be the easier of the two. I had taken both classes, but I dropped both also.

The computer class had me in a tailspin!!! I had no exposure to the Internet at all. In this class I asked for help from my professor. He helped me all right, he didn't tell me what he was doing at all. So from his teaching I got nothing out of the class. Every time I had a class my understanding got worst and I felt lost. My final day at the class was some time in November.

Since then I received more education for the computer. On Tuesday afternoons I take a Computer Class here at Laurel House. Alice helps me tremendously with designing posters for the Quit Smoking Group-also on Tuesdays. We have a lot of fun putting the posters together. There's just something to challenge me for these posters. They are all done with different animals' giving information about the meetings on Tuesday and Thursday afternoons, @ Laurel House etc,

I need help, I feel that I can type, there's so much help that I need still. I'm glad that people from Laurel House always help. Actually I should USE THE HELP KEY, SOMETIMES I GET FRUSTRATED someone always shows up. Whatever happens .

I know I took the most important learning from others, and that is all I need to know.

Thank God!!!!

Snowflakes

By Carole L.

I see the little snowflakes
 Falling all around
 Fluttering softly
 Down to the ground
 At night when I am fast
 asleep
 All the little snowflakes
 Get real deep!

This Week's Birthdays

Fri. 22 Jan.

Michael S.

Sat. 23 Jan.

Maureen G.

Rachel S.

Sun. 24 Jan.

Steve W.

Mon. 25 Jan.

Michael T.

Rigal L.

Tue. 26 Jan.

Anthony F.

Antoinette A.

Thu. 28 Jan.

Godfrey K.



Policy and Planning Meeting

(Tuesday 19 January 2010)

Myra's having a baby!!

Staff workers get your insurance data to Chris (W-4's so foster) See Steve for changes to TSA.

Agnes needs help on the 3rd floor through the week-please volunteer your time.

Lauren and Gillian are gone for most of Wednesday. Please pitch in on phones and such.

Lauren and Tammy are going to be at CVS on Friday.

Agnes and Rob are going to be at Townridge Tuesday, Wednesday, and Friday.

There is going to be a Section 8 inspection at housing this week.

Thursdays and Fridays applicants for 3rd position will be in the building so please make them comfortable.

Richard and Alton are going through orientation.

Chris Limone starts classes on Wednesday so please be kind.

There still hasn't been a health inspection so abide by the rules.

CVH advocacy meeting leaves at 8:30 a.m. with Lauren.

Our guest speaker was Joan C. Investment (Banker) advisor. Joan has agreed to come once a month to talk about needs concerning retirement, IRS or any questions anybody has. WOW!! This lady is in line for sainthood! On her own time she is asking individuals about what question they have concerning their money, investment, or 401k.

This Week In Sports

by Ed S.



The NFL Conference championship games are set for Sunday January 24th.

The first game matches the New York Jets against the Indianapolis Colts. The game will be played at Indy and will be televised on WCBS-TV (Channel 2) starting at 2:00 p.m., the game will kick off shortly after 3 p.m.

The second game features the New Orleans Saints hosting the Minnesota Vikings. The game will kick off at 6:40 p.m. and will be televised on FOX-TV (Channel 5.)

In just weeks Divisional playoff games, the New Orleans Saints beat the Arizona Cardinals, 45-14, the Indianapolis Colts defeated the Baltimore Ravens, 20-3, the Minnesota Vikings demolished the Dallas Cowboys, 34-3 and the New York Jets upset the San Diego Chargers, 17-14.

I predict the Indianapolis Colts will easily beat the New York Jets 35-10 and the Minnesota Vikings will beat the New Orleans Saints 24-14. Ryan Palmer won the Sonyo pen golf tournament.

Update on Samuel and Arianna

By Jessica Martinez

Hi everyone!! How is everybody doing? This is an update on Samuel and Arianna Martinez. The good news with Samuel is that Department of Children and Families finally has me set up with a parent coach to help me during my visitation with Samuel. This program took a long time for me to get into. It took like a month because I got denied and then my worker had to speak to a supervisor about me getting into it. Then I had to wait until The Exchange Club found someone to work with me.

The Exchange Club is a club that prevents child abuse. They have a parenting education class/group and they help people get supervised visitation. The Exchange Club's parenting class is great because it's free. I'm excited about working with my parent coach. I thought that the program would take forever to start. Fortunately it didn't take forever to start.

Samuel is a pretty good baby. The only things that get on my nerves with him is that he moves around so much when I feed him. He likes to look around and play with the straps on his booster seat. The other thing is that when I go to change his diaper he tries to turn around and crawl away from me. I had to have the transporter hold him down by his stomach and then she gave him a toy and he calmed down. I would like to learn how to get him to sit still when I change his diaper and I'm by myself because if he was on a diaper changing table I wouldn't want him to fall off because he's trying to get away. I thought about getting a changing pad with some straps to buckle him in if it still continues to be a problem. Gillian made a joke and said that maybe I should let him run away from me and that it's probably more fun to chased around. I was laughing when she said that last night.

The updates with Arianna are that she still doesn't want to use the potty and I'm not trying to force her to use it. I just got some princess stickers to try to bribe her with. I will ask her tonight if she wants to use the potty. If she says no I will show her the stickers and tell her that if she sits on I will let her put one sticker in her sticker book. She doesn't want to sleep in her own bed and my boyfriend Denmar says not to force her to sleep in her bed and that she will grow out of it. I

have been trying to get Arianna into a routine with potty training, bath, and bedtime. I also want to start cooking dinner for her when I get home so that will keep me busy. I like doing arts and crafts with Arianna. She likes to paint, color, draw and play puzzles. She also likes to comb my hair when I get out of the shower. Arianna likes to play with dolls. She pretends to give her baby doll a bath and then she wraps her up in a towel and dresses her. Arianna is very creative and uses her imagination when its time to play. She also likes to do cookies out of play dough.

Those are all my updates for Samuel and Arianna for now. Next I will be writing about my court date which is Thursday January 28th for a case status conference.



Laurel House Unit Reports



Communications Unit Report

Hi Folks!

This week in Communications we have welcomed two new members, Richard and Alton. Thank you both for your interest and participation. It has been great having you and we look forward to seeing you become involved in the clubhouse.

In other news, several members registered for Spring classes this week at NCC, including Tim K, Vanessa S, Gormandee M and Stella V. We wish them, and all the other Laurel House students, the best of luck in the coming semester. Remember, the Supported Education Program relies on volunteers to tutor and mentor members. If you or someone you know is interested, please speak with Gillian.

Lauren, Joe, Vanessa S, Peter B and Sue B went to the Keep The Promise monthly meeting at CVH this week. The main topic of discussion was finding housing for people with disabilities, including supported housing for patients being discharged from Cedarcrest Hospital. See Lauren if you are interested in attending future Advocacy events.

As always, Communications relied heavily on the talents and efforts of its faithful members this week, including but not limited to:

Susie A, Peter B, Mike C, Jeff C, Geoff C, Brian F, Cheryl F, Vince G, John G, Dean G, Carol and Tim K, Betsy J, Alan L, Mike L, Christina W, Jessica M, Liz M, Angela P, Nick R, "Scoop", Vanessa S, Edward S, Lizzy V, Stella V, Mildred V and Eric W.

We couldn't do it without you!

Have a great weekend everyone!

Employment Unit

Employment had two new members visit. Welcome to Richie and Alton.

Wendy and Portia are working in Conjunction with Optimus and Pathways to help find jobs. Wendy encourages members who are working to join the Monday night dinner and meeting. We thank the members for their help in Employment Unit.

We congratulate Mayra Ossa! She gave birth to a beautiful baby boy named Julian. Mayra will be out on maternity leave until March.

Please continue to keep the common area outside clean. Please put all cigarette butts in the can. Have a nice weekend. See you next week.

Housing Unit

Hello to all of you at the clubhouse, we hope that you all had a good week. Yesterday we moved in two residents into the Partners' Program, we would like to welcome Ann Marie L. & Kerly C. into the program. Thanks to all of you who helped them move in and made them feel welcome. We would like to appreciate all the housing members who have been helping with the Partners' office with answering phones and light maintenance.

There was a housing dinner last night in which we talked about the risk assessment that Alicia will be running. If you are in any of our housing programs we would like you to meet with Alicia and fill out these forms. We also discussed smoking cessation, nutrition and medical needs. Many thanks go to Jesse B. & Brian F. for helping in the kitchen and preparing the meal. We are always appreciative of any help that we receive in preparing the dinner and cleanup afterwards.

Section 8 inspections are coming up, if you have one coming up please inform your worker so we can work with you to make sure that your apartment is in good shape. Housing is looking for members who like to clean to make sure that housing is looking spiffy and presentable. Please see one of us if you are interested.

Our unit could not be run without all of the member help, we would like to thank Liz W., James K., Mike Y., Debbie P., Evern D., Mike T., Phil F., Ed S., Melissa V., Eric F., Mike Y., Jesse B., Jesse R., and anyone else that we may have missed. Have a good weekend everyone.

Wellness Unit

Hello to all of you at the clubhouse, we hope that you are all doing well! We are looking to start up a Fresh Start program for those smokers who are serious about quitting or have a quit date in mind. The orientation for this program will be in the first week of February. If you are interested in participating please let Tara or Eric know so we can enroll you. Please talk this up with your units, with other members and let them know that Laurel House wants to help you quit smoking.

In December and January there have been members who have missed their appointments with Angie, please, if you sign up to meet with Angie please keep your appointment. If you are

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Laurel House Unit Reports



unable to keep your appointment please be courteous and call ahead of time to cancel so we can put someone else in the slot to meet with Angie. Please continue to make referrals so that we can continue to help someone with their nutritional needs.

We are looking for feedback on the board and hope that all of you are using it or have looked at the board. It will be updated on a weekly basis, if you are looking to help out with this please let Tara know. Have a great weekend everyone and stay well!

Third Floor Unit

The week it was really great to have so many members on the third floor this week! Participating in the work order day. We are off to a good start getting ready for the health dept visit next week! And we need to continue to implement this everyday because we are a great club house and we want to past, we have seen some new members though out the club house we're looking forward to them spending the day in our unit

On other news we will have two potential new staff spending the day with us Tomorrow so please come by the bistro and introduce your self, and give Me some feed back on what you thought of them,

Remember to attend social planning every Wednesday at 2:30 we have a lot up coming social events! Valentine day dance, And we still need to pick a movie for movie night, your thoughts are welcome, movie night is next Thursday, If you would like to help organize the Valentine dance please see staff.

Special thanks to Donna Y and Mike T for helping in running the bistro.

Special thanks to Donna Y for sharing her knowledge about laurel house, with our visitor today Mike M,

Also it was really nice to see Rick G and teeter M active in the unit helping in the unit, thank you!!!

This week reach-out calls was a total of 14 people

Thank you to **Bea bunch** and Geoff C also Jesse **burs** for making those phone calls.

Our member of the week Rick G Thank you for being active on the third floor helping fold kitchen towels and aprons helping out with the bistro in the afternoons let's give him a big hand.

Thank you to all the members that help this week. Brain F, Suzanne A, Michelle, Melissa, Mike T, Mike Y, Bea B, Jessie B. Rick, Jesse R, Geoff C and Lev Z, sue king, bob wells, JJ, Jesse B, Dean, Carol k, Steven D and any body else that we may have forgotten.

Thank you all and have a pleasant weekend.

Special Report: Mayra's Baby!!!

Congratulations to our
Program Director, Mayra
Ossa, on the successful
birth of her new baby
boy.

Julian Andreas Ossa
8 lbs. 11oz., 20 in.



Appreciations

Angela P. appreciates Steve and his warm conversation and enthusiasm.

Tara appreciates Eric for all his hard work on smoking cessation and wellness as a whole, and for helping members to achieve their wellness goals.

Tara appreciates John and Lauren for all their help and advice with a personal situation. Thanks!

Gillian appreciates Teter and Gloria for writing the employment unit report.

Gillian appreciates Brian F. for his help covering the unit on Wednesday and working on the attendance project to get us up to date!

Betsi J. appreciates Lauren and Gillan for orientation, Wendy for transportation, Jennifer for the Thrift Shop, and the luck I had on the phones in Communications.

Vanessa appreciates Gillian for helping her get prepared for school.

Jesse B. appreciates Tara for encouraging me in the gym, thanks.



Credits

Editor

Brian F.

Editorial & Sports

Ed S.

Minerva Column

Carol K.

Unit Reports

Communications

Gillian

Vanessa

Third Floor

Agnes

Wellness

Tara S.

Housing

Tara S.

Other contributions

Typing

Vanessa S.

Brian F.

Jessica M.

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