

# THE PROSPECT HOUSE TIMES

*September - October 2011*

*Have an enjoyable Labor Day and Fall!*



**HAPPY BIRTHDAY!**

*We wish  
Happy  
Birthday  
to all  
members  
with  
birthdays  
in  
September  
and  
October!*

## *Thank You!*

A Big Thank you to the  
**Alfred & Ann  
Goldstein Foundation!**

We received funds from the foundation to purchase a new copier system for our administrative offices. We are currently evaluating different systems to determine the best system for our needs.

This issue of the MHCC times is being printed on trial machines to allow us to make an informed decision.

## **Annual Agency Halloween Party**

On Saturday October 29<sup>th</sup>, members from our four centers will gather at Beacon House in Venice for a cookout and costume party. This annual event is an exciting tradition for our members. Make plans to join us for this exciting event this year.



## **Kat's Meow**

Every passing day is one that is gone forever. Make sure it is one in which you have done something for others, especially those who can't do for themselves. One of the best ways to forget your own problems is to help someone else solve theirs. Have a Happy Autumn!  
Kat

## **Volunteer Update**

A volunteer is a person that has a spirit of service, creativity, sensitivity for human pain, strong moral values, the ability to work in a team, and a social conscience. They practice solidarity, leadership, good interpersonal relationships, discipline, communication skills, and care for themselves and for others.

*A volunteer has many motivations:*

- To be and feel useful
- For the satisfaction to do good and to do it well
- For fun and to break routine
- To learn, in the biggest sense of the word
- To give back to the society and humanity for which we have been given
- To meet people with interests like yours
- For the knowledge that you served as a volunteer
- To be able to help and share some knowledge or a talent

**Volunteers aren't paid, not because they are worthless, but because they are priceless.**

*Anonymous*

We thank all our volunteers for their contributions and commitments, no matter how great or small, for we could not give our services to our members without you giving your service to us.

## **What Prospect Means to Me**

I like to come to Prospect because it is a good place to socialize. When I socialize I feel on the good side. When I first came to Prospect, I was rather shy and didn't have friends. This place helped me build my self-confidence and make new friends. I feel good when I can help and am able to do chores to keep Prospect clean and neat. I like that I am dependable now. I take advantage of the group sessions so I can learn to be positive and improve my memory and coping. Prospect has opened my eyes to opportunities to be helpful. Now I feel like I could do part-time work as a volunteer and do puppet shows again. I have gained self-respect. I like the activities, especially playing pool and karaoke. I look forward to coming to the drop-in center every day. ~~~ R.E.N.

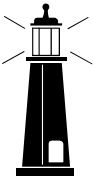
-Prospect House member

Gratefully,  
MHCC Staff

# P R O S P E C T   H O U S E

240 B SOUTH TUTTLE AVE. SARASOTA, FL 34237 953-3477 – ADMIN. 954-4647 – MEMBERS

<h2 style="font-size: 2em; font-weight: bold;">September 2011</h2>			<b>Thursday 1</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 2</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 3</b>  <b>Planetarium</b> <b>5 PM</b> <b>\$ TBA</b>
<b>Monday 5</b>  <b>Closed</b> <b>Labor Day</b>	<b>Tuesday 6</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice	<b>Wednesday 7</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 2:30 Pet Therapy 3:00 Game Tournament	<b>Thursday 8</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 9</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 10</b>  <b>Pizza &amp; Video</b> <b>12 Noon</b> <b>\$6</b>
<b>Monday 12</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community	<b>Tuesday 13</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice <b>6:00 Players "Kiss Me Kate"</b>	<b>Wednesday 14</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 3:00 Game Tournament <b>5:00 Miniature Golf \$5</b>	<b>Thursday 15</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 16</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 17</b>  <b>Out to Lunch</b> <b>12 Noon</b>
<b>Monday 19</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community	<b>Tuesday 20</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice	<b>Wednesday 21</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 3:00 Game Tournament	<b>Thursday 22</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 23</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 24</b>  <b>Red Barn</b> <b>10 AM</b>
<b>Monday 26</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community	<b>Tuesday 27</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice	<b>Wednesday 28</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 3:00 Game Tournament <b>5:30 Dollar Movies \$2.50</b>	<b>Thursday 29</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 30</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	
<h2 style="font-size: 2em; font-weight: bold;">October 2011</h2>					<b>Saturday 1</b> <b>Imax Movie</b> <b>TBA - \$12</b>
<b>Monday 3</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community	<b>Tuesday 4</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice	<b>Wednesday 5</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 3:00 Game Tournament	<b>Thursday 6</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 7</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 8</b>  <b>Brandon Mall</b> <b>10 AM</b>
<b>Monday 10</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community	<b>Tuesday 11</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice	<b>Wednesday 12</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 3:00 Game Tournament <b>5:00 Out to Dinner</b>	<b>Thursday 13</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 14</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 15</b>  <b>Zoo</b> <b>10 AM</b> <b>TBA</b>
<b>Monday 17</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community	<b>Tuesday 18</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice <b>6:00 Players "Seussical"</b>	<b>Wednesday 19</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 3:00 Game Tournament	<b>Thursday 20</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 21</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 22</b>  <b>Pumpkin Fair</b> <b>TBA</b>
<b>Monday 24</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community	<b>Tuesday 25</b> 9:00 Coffee Clutch 11:00 Members Choice 1:00 Lunch 1:30 Communication Skills 3:00 Members Choice	<b>Wednesday 26</b> 9:00 Coffee Clutch 10:00 Creative Expression 1:00 Lunch 1:30 Bi-Polar Buddies 3:00 Game Tournament <b>6:00 Pizza and Video \$6</b>	<b>Thursday 27</b> 9:00 Coffee Clutch 9:30 Dr. Norma's Group 10:00 Art Therapy 12:30 Lunch 1:30 Education Group 2:30 Crafts W/ Elizabeth	<b>Friday 28</b> 9:00 Coffee Clutch 10:00 Current Events 11:00 Fun Friday 1:00 Lunch 1:30 Healthy Living 1:30 Schizophrenia Group 2:30 Activity	<b>Saturday 29</b>  <b>Agency Halloween</b> <b>Party</b> <b>10 AM</b>
<b>Monday 31</b> 9:00 Coffee Clutch 10:00 MH Self Esteem 11:00 Members Choice 1:00 Lunch 1:30 Coping Skills 2:30 Into the Community					



# THE BEACON *September - October 2011*

**Thank you to everyone who attended the Ribbon cutting for the Beacon House Expansion Project on July 15th. Tom Kelly, CEO for Village on the Isle provided the food for this event which was delicious!**

**Congratulations to Marlene Doyle winner of the naming contest for Beacon's new resale store, "Beacon Bargains".**

**Many thanks to Mark LaMountain and Marty Maroszek of Simply Blessed. The renovations to the new Beacon House building look great! The time and hard work you donated to this project is very much appreciated.**

**Thanks to Mike and Victoria Newman owners of Sunshine Shutter Gallery. The windows look great along the front of our new building. What a difference!**

## September & October Birthdays

Maria M. 9/10	Julie N. 10/3
Ralph S. 9/10	Linda H. 10/10
Linda M. 9/17	Julianne A. 10/10
Beverly J. 9/19	Martin M. 10/13
Bill J. 9/30	Howard B. 10/13
	Bill C. 10/13
	Catherine M. 10/13
	Roger D. 10/15
	Pattie B. 10/15
	James P. 10/17
	Richard W. 10/18
	Jaime D. 10/19
	Marcy B. 10/27
	Tiffany C. 10/30
	Carmen C. 10/31

**Have a ~~Happy Halloween~~ at Beacon House on Saturday, October 29<sup>th</sup>. Prizes will be awarded at our costume contest and everyone will be leaving with some sweet treats.**

## Wedding Reception at Beacon!

I came to Beacon House in 1997. In 2005, I met my fiancé Jerry. I had come a long way in my recovery. I worked in the kitchen and taught crafts at Beacon House. I really enjoyed being among so many friends. I have wonderful memories of Jerry and Bob working the grill at the Myakka State Park cookouts. I also have fond memories of Angie and her homemade pies she used to make with the members.

It was apparent to our friends that Jerry and I had something special going on. We acted like children sneaking kisses and constantly calling one another. Everyone teased us saying that we were on our "honeymoon". We are now six plus years into our relationship.

On September 20, 2011, I will be marrying the most romantic, helpful and understanding man around. Thanks to Beacon House for the educational classes and guidance, along with God's wisdom, Jerry and I are happy, healthy individuals who have a much better understanding of how to coast around the twists and turns of life. Thanks to our friends and family for all their love and support. We invite you to come celebrate at our wedding reception on September 20<sup>th</sup> at Beacon House! -Pam H.

## The Latest & Greatest

**Volunteers are needed at Beacon House! If you are interested in finding out more about the many opportunities available please contact Rick O'Connell, Volunteer Coordinator at 941-953-3477.**

Lynne Despain will continue leading members in Qi Gong on Thursday afternoons at 12:15pm. Qi Gong is an ancient Chinese discipline that teaches us to mirror the movements of nature to help reduce tension and stress, alleviate ailments and increase energy.

*Spoken Word* is a new activity being offered at Beacon House on Fridays. Members will have an opportunity to share poetry, essays, songs and other written works that they have composed. Bring something to share or simply come in and listen.



Take the Beacon House van on many scheduled outings with the North Port Drop-In Center, which are scheduled on Wednesdays.

# BEACON HOUSE –September/October– 2011

1680-C • S. Tamiami Trail • Venice, FL 34293 • (941) 496-4934 • Fax: (941) 496-8005 • Email: mfeldmann@mhcci.com

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<h1 style="font-size: 2em;">September 2011</h1>			<b>1</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts	<b>2</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch/Birthday Bash! 1:00 Inspiring Stories	3/4 Sat/Sun  <u>CLOSED</u>
<b>5</b>  <u>Labor Day!</u> <u>CLOSED</u>	<b>6</b> 9:00 Coffee Hour 10:00 YMCA 11:00 Members Choice 12:00 Lunch 1:00 Member Meeting	<b>7</b> 9:00 Coffee Hour 9:30 Food Program 10:30 Walmart/Bookstore 12:00 Lunch 12:30 Meditation 1:00 Domino Tournament	<b>8</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts	<b>9</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch/Birthday Bash! 1:00 Bob's Laughter	10/11 Sat/Sun  <u>CLOSED</u>
<b>12</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<b>13</b> 9:00 Coffee Hour 10:00 YMCA 11:00 Members Choice 12:00 Lunch 1:00 Member Meeting	<b>14</b> 9:00 Coffee Hour 10:00 Members Choice 10:30 Library 12:00 Lunch 12:30 Meditation 1:00 Card Games	<b>15</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts	<b>16</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch 1:00 Bowling	17/18 Sat/Sun  <u>CLOSED</u>
<b>19</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<b>20</b> 9:00 Coffee Hour 10:00-1:00 Wedding reception for Pam & Jerry! 1:00 Member Meeting	<b>21</b> 9:00 Coffee Hour 10:00 Members Choice 10:30 FST performance! 12:00 Lunch 12:30 Meditation 1:30 Apples to Apples	<b>22</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts	<b>23</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch 1:00 Inspiring Stories	24/25 Sat/Sun  <u>CLOSED</u>
<b>26</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<b>27</b> 9:00 Coffee Hour 10:00 YMCA 11:00 Members Choice 12:00 Lunch 1:00 Member Meeting	<b>28</b> 9:00 Coffee Hour 10:00 Members Choice 12:00 Lunch 12:30 Nokomis Groves 12:30 Meditation 1:30 Bingo!	<b>29</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts 2:00 Blockbuster Movie	<b>30</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch 1:00 Bob's Laughter	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<b>4</b> 9:00 Coffee Hour 10:00 YMCA 11:00 Members Choice 12:00 Lunch 1:00 Member Meeting	<b>5</b> 9:00 Coffee Hour 9:30 Food Program 10:30 Walmart/Book Store 12:00 Lunch 12:30 Meditation 1:30 Win, Lose or Draw	<b>6</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts	<b>7</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch 1:00 Bowling	8/9 Sat/Sun  <u>CLOSED</u>
<b>10</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<b>11</b> 9:00 Coffee Hour 10:00 YMCA 11:00 Members Choice 12:00 Lunch 1:00 Member Meeting	<b>12</b> 9:00 Coffee Hour 10:00 Members Choice 10:30 Westfield Mall 12:00 Lunch 12:30 Meditation 1:30 Dominos	<b>13</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts	<b>14</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch/B-day Bash 1:00 Inspiring Stories	15/16 Sat/Sun  <u>CLOSED</u>
<b>17</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<b>18</b> 9:00 Coffee Hour 10:00 YMCA 11:00 Members Choice 12:00 Lunch 1:00 Member Meeting	<b>19</b> 9:00 Coffee Hour 10:00 Members Choice 12:00 Lunch 12:30 Movie Franks Theatre 12:30 Meditation 1:00 Card Games	<b>20</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts	<b>21</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch 1:00 Bob's Laughter	22/23 Sat/Sun  <u>CLOSED</u>
<b>24</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<b>25</b> 9:00 Coffee Hour 10:00 YMCA 11:00 Members Choice 12:00 Lunch 1:00 Member Meeting	<b>26</b> 9:00 Coffee Hour 10:00 Members Choice 10:30 Beach Outing 12:00 Lunch 12:30 Karaoke 1:30 Backgammon	<b>27</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Healthy Living 12:00 Lunch 12:15 Qi Gong 1:00 Shell Crafts 4pm Pizza & Ladderball	<b>28</b> 9:00 Coffee hour 10:00 Members Choice 11:00 Card Games 12:00 Lunch 1:00 Bowling	29/30 Sat/Sun  <u>MHCC Halloween                      Party@ Beacon                      House 11am-1pm</u>
<b>31</b> 9:00 Coffee Hour 10:00 Members Choice 11:00 Creative Writing 12:00 Lunch 1:00 Dual Recovery 1:30 Ice Cream Social	<h1 style="font-size: 2em;">October 2011</h1>				

# The ADVOCATE

Selby House  
513 West Hickory ❖ Arcadia, Florida 34266  
(863) 993-9266

September/October 2011

**Happy Birthday!**

Jo Ann 9-6

**Thank You!**

**RUE MCKINNEY**

**ALL FAITHS FOOD BANK**

**WAL-MART**

**Marty Dow**

**The William G & Marie  
Selby Foundation**

Selby House Hours  
Mon., Tues., Wed., & Fri.  
8:30 AM to 3:30 PM

**Super Thursday**

We have been sponsoring a Super Thursday party the last Thursday of each month. The members receive a huge array of food to choose from and they listen to music and relax.

## *Happenings at Selby House*

It's been a very hot summer and the members look forward to the fall season. We are scheduling a week of fun and games including Horseshoes, Bowling and Checkers.

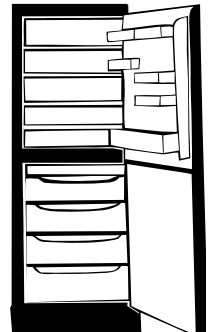
We have a new member here at the Selby House. His name is Richard and he is most helpful with anything we ask him to do. He is an asset to our membership.

Community service workers will begin working to spruce up the yard and house for a good fall cleaning. We thank them for helping us with the major cleanings.

***Wanted:*** People interested in making a difference.  
*If you want to be inspired join our Advisory Council today. Our members need you! Call 993-9266*

## *Thank you*

Thank you to Mr. Dow again. He has committed to buying us a new refrigerator for our kitchen enabling us to have two refrigerators on our site. We are grateful for his generosity and love of the Selby House members and staff.



## *Recycle*

A big thanks goes out to all community partners that have dropped off cans for us to take to the recycler for money for small things we need here at the Selby House. We don't know who you are, but thanks for all you have done.



# The Selby House

513 East Hickory Street, Arcadia Fl 34266 ☎863-993-9266

## September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sun.
			<b>1</b> CLOSED	<b>2</b> 9:30 Rap Session 10:00 Grief Group 11:30 Lunch 1:00 Outing 1:45 Chores	<b>3/4</b>  CLOSED
<b>5</b>  Closed Labor Day	<b>6</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 Other countries 1:45 Chores	<b>7</b> 9:30 Rap Session 10:00 Gardening 11:00 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>8</b>  CLOSED	<b>9</b> 9:30 Rap Session 10:00 Hygiene 11:30 Lunch 1:00 Outing 1:45 Chores	<b>10/11</b>  CLOSED
<b>12</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Women's Group 1:45 Chores	<b>13</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 Stories of Life 1:45 Chores	<b>14</b> 9:30 Rap Session 10:00 Bingo/Games 11:00 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>15</b>  CLOSED	<b>16</b> 9:30 Rap Session 10:00 Gardening Group 11:30 Lunch 1:00 Activity 1:45 Chores	<b>17/18</b>  CLOSED
<b>19</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Women's Group 1:45 Chores	<b>20</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 Exploring Nature 1:45 Chores	<b>21</b> 9:30 Rap Session 10:00 Gardening 11:30 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>22</b>  CLOSED	<b>23</b> 9:30 Rap Session 10:00 Drawing Lessons 11:30 Lunch 1:00 Outing 1:45 Chores	<b>24/25</b>  CLOSED
<b>26</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Women's Group 1:45 Chores	<b>27</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 Exploring Nature 1:45 Chores	<b>28</b> 9:30 Rap Session 10:00 Gardening 11:00 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>29</b>  <b>Super Thursday 10am</b>	<b>30</b> 9:30 Rap Session 10:00 Grief Group 11:30 Lunch 1:00 Outing 1:45 Chores	

## October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sun
					<b>1/2</b>  CLOSED
<b>3</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Library 1:45 Chores	<b>4</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 Stories of Life 1:45 Chores	<b>5</b> 9:30 Rap Session 10:00 Gardening 11:30 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>6</b>  CLOSED	<b>7</b> 9:30 Rap Session 10:00 Bird Watching 11:00 Lunch 1:00 Goal Setting 1:45 Chores	<b>8/9</b>  CLOSED
<b>10</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Library 1:45 Chores	<b>11</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 Stories of Life 1:45 Chores	<b>12</b> 9:30 Rap Session 10:00 Bingo/Games 11:30 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>13</b>  CLOSED	<b>14</b> 9:30 Rap Session 10:00 Health Dept. 11:30 Lunch 1:00 Outing 1:45 Chores	<b>15/16</b>  CLOSED
<b>17</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Library 1:45 Chores	<b>18</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 World Adventures 1:45 Chores	<b>19</b> 9:30 Rap Session 10:00 Gardening 11:00 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>20</b>  CLOSED	<b>21</b> 9:30 Rap Session 10:00 Gardening Group 11:30 Lunch 1:00 Games 1:45 Chores	<b>22/23</b>  CLOSED
<b>24</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Library 1:45 Chores	<b>25</b> 9:30 Rap Session 10:00 Women's Group 11:30 Lunch 1:00 World Adventures 1:45 Chores	<b>26</b> 9:30 Rap Session 10:00 Gardening 11:00 Lunch 1:00 Arts & Crafts 1:45 Chores	<b>27</b>  CLOSED	<b>28</b> 9:30 Rap Session 10:00 Gardening Group 11:30 Lunch 1:00 Games 1:45 Chores	<b>29/30</b> <b>Agency Halloween Party 10 AM</b>
<b>31</b> 9:30 Rap Session 10:00 Men's Group 11:30 Lunch 1:00 Library 1:45 Chores					

# NORTH PORT REPORT

North Port Drop-In Center, "Beacon House South"  
68512 Willow Creek Circle ❖ North Port, Florida 34287

Please "Drop-In" and visit us!

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**September October 2011**

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## *Activities*

Join us in coming months for many exciting activities and times when we join our friends at Beacon House for some fellowship and time together.

The North Port Center continues to provide much needed services for our members who live in the North Port area. Join us at Willow Creek for an exciting time together.

## **Accepting New Members**

The North Port Center has room for new members. Join us for our groups, activities and support groups that are being offered at our North Port Centers.

## **Your Support Is Appreciated**

Special thanks go to Willow Creek Apartments for hosting the drop-in center and providing support for the program.

Thanks to Sun Coast Humane Society for leading groups at the North Port Drop in Center. The members appreciate the time that you spend with them.

Thanks to the Central Florida Behavioral Health Network, Florida Department of Children and Families, for the financial assistance to establish programs to serve adults with mental illness in the North Port area. Thanks also to Sarasota County Contracted Human Services for their support.

## What is bipolar disorder?

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. Symptoms of bipolar disorder are severe. They are different from the normal ups and downs that everyone goes through from time to time. Bipolar disorder symptoms can result in damaged relationships, poor job or school performance, and even suicide. But bipolar disorder can be treated, and people with this illness can lead full and productive lives.

Bipolar disorder often develops in a person's late teens or early adult years. At least half of all cases start before age 25. Some people have their first symptoms during childhood, while others may develop symptoms late in life.

Bipolar disorder is not easy to spot when it starts. The symptoms may seem like separate problems, not recognized as parts of a larger problem. Some people suffer for years before they are properly diagnosed and treated. Like diabetes or heart disease, bipolar disorder is a long-term illness that must be carefully managed throughout a person's life.

From the NIMH (National Institute of Mental Health)  
BiPolar Disorder pamphlet  
Visit [www.mhcci.com](http://www.mhcci.com) to download the complete pamphlet

# North Port Drop-in Center – Beacon House South

68512 Willow Creek Circle, North Port, Florida, 34287

Open Monday, Wednesday, Friday – 10 AM – 2 PM – Check Calendar for additional days!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sun
<b>September 2011</b>			1	2 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Members Choice	3 <b>CLOSED</b>
5 <b>Closed Labor Day</b>	6	7 <b>WalMart 10 am</b>	8	9 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Pet Therapy	10 <b>CLOSED</b>
12 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.	13	14 <b>Library 10 AM</b>	15	16 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Members Choice	17 <b>CLOSED</b>
19 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.	20	21 <b>FST Performance 10 AM</b>	22	23 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Members Choice	24 <b>CLOSED</b>
26 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.	27	28 <b>Black Light Mini Golf 10 AM</b>	29	30 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Members Choice	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.	4	5 <b>WalMart 10 am</b>	6	7 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Members Choice	8 <b>Closed</b>
10 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.	11	12 <b>Westfield Mall 10 AM</b>	13	14 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Pet Therapy	15 <b>Closed</b>
17 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.	18	19 <b>Frank's Movies 10 AM</b>	20	21 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Members Choice	22 <b>Closed</b>
24 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.	25	26 <b>Beach Outing 10 AM</b>	27	28 10:00 Grocery / Bank 10:00 Coffee Clutch 10:30 Current Events 12:00 Lunch 12:30 Members Choice	29 <b>MHCC Halloween Party</b>
31 10:00 Arts & Crafts 11:00 Healthy Living 12:00 Lunch 12:30 Emotions A.				<b>October 2011</b>	



**Purchase a TUBE-DUDE and  
Support Mental Health  
Community Centers**

For every TUBE-DUDE that is purchased through MHCC we will received a \$500.00 donation. Call Bunny at 953-3477 for additional information.

[www.TUBE-DUDE.com](http://www.TUBE-DUDE.com)

***Things Your Doctor Might  
Not Tell You about  
Depression***

*A Presentation By:  
Dr. Chris Cortman, Psychologist*

Saturday, October 8, 2011  
9:00 AM to 11:00 AM  
Village On The Isle  
Renaissance Rooms  
Venice Florida

Register at [www.mhcci.com](http://www.mhcci.com)

***Second  
Family Empowerment Class***

Thursday Nights  
Starting September 15<sup>th</sup>

A Class to help family members understand mental illness and increase family relationships.

Call 941-953-3477 for additional information.



Watch for the Grand Opening of our new  
Retail Thrift/Gift Store

**Beacon Bargains**

Proceeds for the store will support Beacon House and the expansion project!

## Thank You so much to our Agency Volunteers:

Bonnie and Paul Aarons, Jo Augustine, Jill Baker, Trene Badin, Linda Bauza, Susan Bender, Best Buy Employees, Esther Bird, Chris Caldwell, Christine Carson, Nelson & Elaine Chapman, Rosemary & Ed Chase, Kimberly Chinielewski, Peggy Cockerill, Murray Chase, Rachel Chambers, Jill Collins, Paul DeClark, Rose Delany, Lynne DeSpain, Lyndie Diamond, Carla Dumas, Connie Ellis, Dr. Edlin, Fifth Third Bank Employees, Cinda Goeken, Home Depot Employees, Cara Herman, Gloria Jesensky, Mark Johnson, Sandi Keiser, Duke Kreiger, Diane Kreisman, Mark LaMountian, Dennis Lawless, Paul Liles, Denton Newland, Erica Marshall, Joyce McCaffery, Nancy Metcalf, Jan Millard, Larry Miller, Dr. Norma Mittenthal, Carmen Oberi, Dan & Sally O'Leary, Eileen Papadatos, Angie Poquette, Terri Probst, Sandi Rains, Dr. Myra Rakoff, David & Barbara Reed, Ali Rekow, Sandy Sheridan, Dr. Sean Stringer, Patti Schimkus, Danielle Scott, Sandy Sheridan, Billy Straitz, Keith and Jane Warrelsman, Amy Weinberger, Scott Waud, Ralph Zimmerman.



**Many thanks to our donors of goods and services:** Florida Aquarium, Dixie Babcock, Comcast Cable, Home Depot, Grime Tyme Pressure Cleaning, Pizza Hut, Players Theatre, Panera Bread for their weekly donation and Venice Theatre.



### WISH LIST

- Small TV / DVR Combo for  
Small Group Presentations (\$350.00)
- Small White Board
- Games for members use
- 12 Tickets to area attractions
- Digital Cameras
- Personal hygiene items
- Arts & crafts items
- Volunteers to help with events
- Sponsor the Newsletter (\$500 per issue)
- Exterior Doors for Access One Housing
- Display Back Drop for Seminars
- Items for Beacon Treasures Resale Shop
- Commercial Clothes Rack
- Cash Register
- Jewelry Display Case

### Help Wanted!

MHCC's programs and facilities are, in a large part, possible due to the generous efforts of our many volunteers. Our centers and programs can always benefit from new volunteers and we may have an opportunity that would be rewarding for you!

We are currently in need of skill teaching in computers, Book Club facilitators, speakers on subjects such as nutrition and health issues and an 'on call' handyman to name a few.

Please contact Rick O'Connell, our Volunteer Coordinator, at (941) 953-3477 if you or someone you know may, in any way, be willing to donate some of their valuable time toward helping our members.

## More MHCC News!

Dear Friends,

In October the Sarasota County Board of County Commissioners will make a proclamation regarding Mental Health Awareness in our community. We support and welcome this recognition of the need for awareness of these biological illnesses which affect the lives of so many persons in our community. Several years ago Mental Health Community Centers expanded our mission to include the support of awareness programs that promote treatment and help to defeat stigma. Since that time we have offered over 20 seminars that participants have overwhelmingly expressed high satisfaction with our topics and speakers. We are about to embark on another year of seminars and awareness events which we hope you will attend. Our first will occur on October 8<sup>th</sup> in Venice and will feature Dr. Christopher Cortman, Psychologist, who will talk about “*Things Your Doctor Might Not Tell You About Depression*”. Village On The Isle, located at 900 S. Tamiami Trail will be the host, on Saturday October 8th from 9am till 11am. We hope you will be able to join us. Stay tuned also for more announcements of seminars to occur at Waldemere Auditorium located at Sarasota Memorial Hospital.

We are continuing to offer our speakers bureau and tours of our facilities to clubs and organizations as a means of letting everyone in our community know how vital MHCC programs are to our members and their families. Please know that you are welcome to request a speaker for your group or to come for a tour at your convenience. Please call our office and let Bunny Coelingh know that you would like to attend a tour. We look forward to becoming better acquainted!

We have also included a Wish List and hope you will look this over to see where you might be able to help with either funds to purchase a needed item, or even an in-kind donation. We need sustainability and we need the support of our community. For those who have offered this vital support, we thank you so much for your generosity and trust you will continue to recruit others to join our mission.

Best wishes,  
Carolyn Eagen, Executive Director

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### Special Thanks to our “High Hopes Society” Members –

#### *(Multi Year Donors – Lighting the way for the future of MHCC)*

*American Foundation for Suicide Prevention, Cheryl Ann Babcock, Mary A. Babcock-Pahules, Harry Becker & Shirley Levine, Harold Besch, Natalie Bloom, Lyn Breda, Harry Brunken, Debra & Bill Buttaggi, Lee Byron, Nelson & Elaine Chapman, Susan Chapman, Bart Coelingh, Bunny Coelingh, Suzanne Coelingh, Judy Cory, Steven & Abbie Davis, Wayne & Fran Derr, Evonne DeVold, Ed & Carolyn Eagen, Frank Escobar, Thomas & Kathy Francoletti, Fran Gaston, Al & Ann Goldstein, Sally Graham Bayer, Paul Hoenle, Irv Indyke, Barbara Isaacson, Howard & Betty Isermann, Jane Johnson, Lynn Johnson, William & Joan Johnson, Tom Kelly, Tad Kosanovich, David Kramer, Sophia LaRusso, Don & Bev Leidel, Sherry Linhart, Ann & Douglas Logan, Daniel R. Long III, Joyce McCaffrey, Steve McDonald, Betsy Mitchell, Susan Munoz, Carole Munro, Donald Osborne, Willem Van Osnabrugge, Bev & Ira Peterman, Ray & Myra Rakoff, Aina & Norm Segal, Kathryn Shea, Ken & Jenny Shin, Tom Shults, Bob & Joyce Tone, Lisa Van Ullen, Vince & Jessica Ventimiglia, Ann Wacholder, William & Jean Wallace, Stan & Elizabeth Wiener*

**Thanks so much for these Operating Fund donations received from 6/24 to 8/25:** Employees Community Fund of Boeing, Ed & Carolyn Eagen – In Honor of Gloria Gully, Stephen Fuguet, Alfred & Ann Goldstein Foundation, June Gordon, Donald & Martha Hillerich, Johnson & Johnson matching gifts fund, Thomas & Barbara Kelly, Knights of Columbus – Ruskin, Joan Lawton, Liberty Savings Bank, Ray & Myra Rakoff, Philip Scudo, Ross Sidney, Women Of the Moose.

**Our sincere thanks for these High Hopes donations & pledges received from 6/24 to 8/25:** Bright Star of South Sarasota, Susan Chapman, Judy Cory, Ed & Carolyn Eagen, Fran Gaston, Barbara Isaacson, Bobbie Marquis, Carole Munro, Ira & Beverly Peterman, Dave & Kathy Polen, Tom & Debbie Shults, Raymond Rakoff.

Mental Health Community Centers, Inc.  
240 B South Tuttle Avenue  
Sarasota, Florida 34237-6334

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## ADDRESS SERVICE REQUESTED

MHCC TIMES September October 2011  
Prospect House, Beacon House, Selby House, North Port  
Newsletters & Activity / Event Calendars



The MHCC Times is a bi-monthly newsletter published by Prospect House, Beacon House, North Port & Selby House, programs and centers of Mental Health Community Centers, Inc. – a United Way agency. **Members prepare the MHCC Times for mailing and are encouraged to submit articles.** The centers offer a caring, supportive, & non-judgmental atmosphere to adults in Sarasota & DeSoto counties who are experiencing and/or recovering from mental & emotional illness. The centers offer a wide range of member-planned activities to assist in their role recovery, such as educational/vocational classes, community outings, games, seminars, self-help support groups and employment opportunities.

### BOARD OF DIRECTORS

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### AN EASY WAY TO SUPPORT MHCC

Contribute by credit card. We accept MasterCard, Visa, Discover, and American Express. Make a one time donation, or an annual, quarterly or monthly pledge. Call 953-3477 for more information.

### YES, I WANT TO HELP THE MENTAL HEALTH COMMUNITY CENTERS, INC.

As a Volunteer – Days/Times Available \_\_\_\_\_

As a Donor:  Benefactor \$500 & up  Patron \$100-\$499  Sponsor \$50-\$99  Supporter \$25-\$49  Other \$ \_\_\_\_\_

Check here if your contribution qualifies for a matching gift & you have/have not (circle one) requested such a match.

Please send me a copy of your Open Door publication. Enclosed is a tax deductible contribution of \$ \_\_\_\_\_

NAME \_\_\_\_\_

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Please make checks payable to MHCC or charge to your credit card account # \_\_\_\_\_

Name on credit card \_\_\_\_\_

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MHCC IS A 501(C)(3) NOT FOR PROFIT FLORIDA CORPORATION. FL Dept. Agriculture & Consumer Services #CH-2106.

100% of every donation is received by MHCC. **MAIL TO: 240B So. Tuttle Ave., Sarasota, FL 34237 THANKS FOR YOUR SUPPORT!**