

Save These Dates!

September 25, 2009: Club Horizon, Inc. 3rd Annual **Tastes and Treasures Event** (Party and Silent Auction), sponsored by Courtyard Marriott at Crabtree, 6pm to 9pm. Tickets may be purchased at the door or online at www.clubhorizon.org

Club Horizon Board Meeting October 13, 2009 6:00 pm at the Healing Place.

Club Horizon is seeking a Grant writer, knowledgeable of mental health and adults with serious mental illness.
 Club Horizon is seeking a Psychiatrist for twice a month, to complete psychiatric evaluations and medication management.

Interested in giving back? Please consider the Club Horizon Board of Directors. We would love to hear from you.

Club Horizon is accepting referrals for a Community Support and PSR. Contact Bernadette Benas, PSR Program Supervisor at (919) 266-2202 or Kristin Girardi CS Program Manager at 919-266-0585. Club Horizon is an EOE organization.



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Club Horizon Newsletter

To Our Community

The Clubhouse has numerous ways of helping out our members mentally, socially and with education. We've accomplished goals before, however some are yet to be involved. We as members need to be more involved in our schooling at Wake Tech, or the services Mental Health has to offer. Club Horizon is here for the members to help work towards recovery recovering has a numerous challenges. We have the community support workers, case mangers, health and the Wellness program that even helps with smokers who want to stop.

—Kisha E.

People here at Club Horizon both Members and staff get along with each other when working together towards recovery. There are many things to be involved in. We have activities such as socials movies, trips, gatherings and group activities that include education, housing, and social opportunities as well as birthdays.

Thank you community for involving your support with Club Horizon to show our members they are helped when working toward recovery.

—Anonymous

Club Horizon (CH) is a Clubhouse model psychosocial rehabilitation program committed to serving adults with severe and persistent mental illness. We offer services to Wake County adults, 18 & older with diagnoses of mental illnesses like schizophrenia & bipolar disorder who are stable & ready for community rehabilitation. Persons served at Club Horizon are "Members" rather than clients or consumers because they actively contribute to their own recovery.

Look Inside

- Club Horizon, Inc
 Board of Directors**
- Ginny Mahaney -President
 - Anne Hart- Vice Pres.
 - Richard DeButts-Secretary
 - Allyson Dickens-Treasurer
 - Linda Coleman
 - Theodore Hicks
 - Louise Jordan
 - Rob Myers
 - Sheila Singleton
 - Alison Rieber

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Vision: People with mental illness will achieve their potential and become respected as friends, neighbors, and coworkers.
Core Values: Excellence– Serving with integrity & focus;
Respect– Appreciating & valuing differences;
Accountability– Effective use of resources;
Customer Focused – Consumer driven services;
Productive– Facilitating positive change

Mission Statement:
 Club Horizon, Inc. is a 501(c)(3) private, non-profit organization whose mission is to increase community acceptance and improve the quality of life for adults with serious mental illness by facilitating meaningful work, education, housing, and social opportunities.

The Kitchen Unit

Our Kitchen Unit is up to par. We attended a training called Program Food handling that taught Safety, how to handle the food, the purpose of being clean, and the proper storage of food. This unit effects the whole program. Being aware of these precautions can effect the health of a single person that might involve someone else so it is important to stay clean. We were recently inspected and did receive a superior grade. We have to keep up the good work so our work is good. We also involve members to help cook and their job is not as difficult because the facts and rules in our kitchen are the same for everyone.

- Marilyn Machux

The Snack Shop

Hi! I'm Adam Christiansen and you might know me from *Adams Corner*. I work in the Snack Shop as an employee/member. I help count the money at the end of the day with various people helping to complete the afternoon count. Business is booming and we need all the help we can get. The Snack Shop vends chips, candy bars, sodas, teas and many miscellaneous treats for the everyday person. All in all, the Snack Shop is thriving in the clubhouse, and everyone can put forth effort to better it to its full potential.

Adam's Corner

Hey everybody! My name is Adam Christiansen and this is Adam's Corner. Last month, you read that I would talking about movie blockbuster that are a must see! Recently, I went to the movies and saw Knowing, starring Nicolas Cage, and also I saw X-men Origins Wolverine. Well, I've got to say that Knowing was the best movie I've seen in a long time. It's about a scientist that comes across papers that have numbers on them and they predict past and future statistics and fatalities. I would recommend this movie to anyone who loves science fiction. The next movie I saw was Wolverine. This is a action packed thriller about a man named Logan who is born with bone claws and loses the one he loves. Later in the movie, he volunteers to be in a military experiment and his whole entire skeleton is coated with a indestructible metal called adamantium -He is also has the power of regeneration. He lives through all the wars that the United States goes through because of this power. This movie is very good, so if you like comic books, this is the movie for you. Next issue, I'll be talking about relationships and how they effect people in many different ways.

Member Services

I love Member Services and the Kitchen Unit the same. Every day we share our gifts and talents in the clubhouse by the activities we do. I like to think everyone has gifts and talents. Some are more talented in working while others are more talented at activities than others. Everyone can share a gift to others. Trust me it can help you along the line. Expand your Horizons. Share the wonderful gift. It can open doors for you.

-Tameika W.

T.E. and the Clerical Unit

The staff that run these units are some of the nicest people from our community. They help us with recovery by using their social and people skills. In turn, we are able to face challenges and overcome obstacles on a daily basis. The T.E clerical unit has enabled me to become a better person in my environment and taught me how to mange myself while working with others. I have also found my Mental illness is not in question while I'm learning to interact with others. I realize making someone else smile is just as rewarding as making a new friend. I respect other members at Club Horizon and we all have a nice day.

- Kisha E.

Socials July-Aug**July**

Wii-Fit
Movies
Putt-Putt golf
Swimming Pool
Arts & Crafts Fair

Fun with Muddy!

The members and I went on a Sunday social to see the Mudcats play ball. What an exciting game! The game was very close, and the members and I were on the edge of our seats until the very end. Everyone had a great time at the game, and the Mudcats won Yeah! We also went out to eat at KFC and socialized too. I was glad I went because it has been a while since I have been to a baseball game!!

-D. Wood

August

Mudcats
T.E. Dinner
Shopping
Beach Trip

On Swimming It was fun and I learned a few new things like jumping off the diving board and Jenna and Catherine taught me how to dive ,The food was good.

Barbara P.

About the Movie July Blue Ridge Movies I saw X- Men Origins Wolverine. It was very good and it had a very good plot to it. I really enjoyed it.

- Adam C.

At Crab Tree Mall.... We ate seafood dinner and shopped. We earned a 20 dollar gift card. I had a lot of fun on the trip.

-Tony Y.



This section is for the general community and subscribers of the Club Horizon Newsletter to write any comments, suggestions, and/or questions to us. Again we are dedicating this section to all of our readers. If you would like to have something posted in our next edition, please send the information to:

Club Horizon Or feel free to email us at:
Newsletter Editor editor@clubhorizon.org

Technology Scoop

Club Horizon has come a long way , in regards to the technology we offer, since I have arrived in September of 2008. We have upgraded the memory and hard drives in the existing computers, received a few computers through donations and Tech Soup (a technology site for nonprofits, switched to a wireless business router and added two wireless access points to ensure entire building connectivity. We have integrated a secure e-mail program for staff and members. We've even incorporated remote access to assist the staff in completing work efficiently from multiple locations. We hope to continue to move forward in this area by continuously upgrading the equipment we have. To help make that a reality, please keep in mind that donations of old RAM, hard drives and other computer equipment are always greatly appreciated.

-V. Bass