

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Threshold One of Nine Area Healthcare Nonprofits to Win \$40,000 Each in Funding from GlaxoSmithKline in Partnership with the Triangle Community Foundation

On November 5, 2009, GlaxoSmithKline in partnership with the Triangle Community Foundation announced the recipients of the **GlaxoSmithKline 1st Annual IMPACT Awards** for providing access to healthcare. At a ceremony on Thursday, December 10 at GlaxoSmithKline in Research Triangle Park, Threshold and eight other agencies (see www.thresholdclubhouse.org for complete list) will each receive a \$40,000 award.



"All of the GlaxoSmithKline 1st Annual IMPACT Award winners are committed to the idea that everyone should have better access to healthcare and that no one should fall through the cracks. These organizations are on the front lines as change agents, working to build stronger and healthier communities. They are all deeply committed to their work and clients," said Mary Linda Andrews, GlaxoSmithKline Director, Community Partnerships.



Mike Davis at work in the Clerical Unit

Threshold is "thrilled and honored to be one of the first NC recipients of the GSK IMPACT awards", says Executive Director Susie Deter. Threshold Board President Sue Estroff congratulates Threshold for the award, and adds that the award is "well deserved by all, and very generous of GSK. Bravo, bravo, bravo!"

Threshold member Larry Grant, who made it through some very difficult times thanks to Threshold, will be featured in a special booklet showcasing the good work of the GSK IMPACT grant recipients. Larry sums up what it means to him to have Threshold's support. He says that without Threshold "I know for a fact that I wouldn't be here right now. It means everything to me to have Threshold."

Helping Adults in Durham with Severe Mental Illness Re-Integrate Into the Community

ICCD Training Rocks!

By Shannon Clay

The ICCD training in Florida was such a wonderful experience! It was my first ICCD training as well as my first trip to Florida! Florida is indeed a beautiful state, but nothing in comparison to the beautiful clubhouse members and staff that I had the pleasure of meeting! All the seminars I attended were fun and informative. I learned so much and was eager to bring back the knowledge I gained. It was just so amazing to be a part of this harmony, for everyone from every part of the world at this training thrived off the clubhouse, the members, and what the clubhouse stands for.



Victoria Maultsby, Susie Deter, Shannon Clay



Victoria Maultsby

Threshold Gave Me the Job at Timmons

By Steve Taylor III

Student from UNC

By Vivian Perry

It was nice having Vanessa Cubellis here at Threshold Friday doing work with me calling herself my shadow. She was also here last Friday doing the same thing. Hopefully her project will stand good for her, and she will be able to make good use of the time we stayed together. She is attending UNC Chapel Hill school. The last time she was here she was surprised because her roommate was here doing the same thing she was doing. She was a really nice person, I am really glad she came. Programs like the one Vanessa was on help people with on the job training for school.

I have started working at Timmons and it has been a pleasure. It has helped me work better at Threshold also. I feel better now, relaxed and calm. It has shown me ways of no negativity and the money is priceless. I sweep and mop the big room and bathroom, and wash the windows, and wipe the tables, microwave, and refrigerator. Sweeping the big room is my favorite part. I work by myself and the people that manage me are somebody special to me because they treat me well. I feel more obligated to answer questions and I feel more responsible. Maybe I can get an act, something on the outside. Work is important to me because it enhances my skills. It is a friendly job and I feel purposely known.

Transitional Employment Changes and Congrats

By Phil Wintermute

One of our favorite things to do is to recognize the efforts of those members who have worked TE jobs, and it is time to spend a little newsletter space doing that. First, let's congratulate Bernard Liles for completing his placement at Timmons Fabrications! Bernard did a fantastic job from February to November this year, and we salute his work! Steve Taylor III has moved in to follow in Bernard's footsteps at Timmons as of November 9, and we wish him the best as he starts his first TE job. Willie McNeill has now completed nearly two months at HomeGoods at Renaissance Village, and is doing a great job for them. This job requires an early morning start, and Willie has literally risen to the occasion- way to go Willie! After Kathy Amey-Herbert rotated off in August, Sandy Lovett has taken over the TE at T.J. Maxx at Oak Creek Village, and is knocking 'em dead over there (just an expression, folks). Just recently, Leslie Hall rotated out of her TE job at the Brier Creek T.J. Maxx, and we are now recruiting for her replacement. Nice work, Leslie, and we look forward to whatever is next for you! At the Washington Duke Inn, Ricky Johnson is finishing up a nine month stint to rave reviews from his supervisors. Ricky, they love ya, but they will have to let you go pretty soon! A great placement with a great bunch of people. Frederick Jones has been holding down the fort at our other HomeGoods store, and we appreciate all he is doing there to keep our slot going. Nice work, Fred! Finally, we just started our annual holiday seasonal jobs at the Angus Barn, and congrats to Terry Britt and Mike Davis for scoring those jobs. We hope to be reporting many more success stories throughout 2010. Keep your eye on this space! Have a wonderful holiday season, and don't forget us!

Stewards Campaign - Help us Reach the Finish Line. Threshold has raised \$18,000 toward our \$25,000 Stewards challenge. Can you help us get closer to our goal? Please send your gift today!

This Is Our Thrift Store

By Juan Holmes

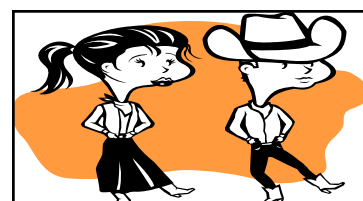
A lot of different jobs happen in the Member Services Unit and thrift store unit at Threshold. We get a lot of donations for the clubhouse, a lot of clothes, shoes, books, books, odds and ends. Threshold gets a profit off of each donation. Also people come in and get DATA bus tickets at 2:00 pm for the Access riders of the bus. We usually sort the clothes out. The clothes and shoes sell for 25 cents or 50 cents a piece. We have had clothes donated for our Employer's Dinner in September. If somebody needs a suit or dress outfit they can look through the donations and pick out a suit to wear. That's what goes on in the thrift store at Threshold.

If you are interested in donating any items to Threshold, please contact Erica Weaver or Sherwin Felix in the Member Services Unit at 682-4124.

Talent Show with Line Dancing

By Annie Jones

Last Thursday Night we had a volunteer come in and teach us line dancing. Her name is Mary! She was an older lady, but fun to dance with. That same night we had a talent show! One of our interns stayed and sang for us! He was really good! We all did some singing and dancing, and had a lot of fun! I, of course, had to sing my Whitney Houston and Celine Dion songs! After the show we ate dinner and had rides home! Yeah, so we had to leave, but at least we all brought home some extra knowledge of line dancing!



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Roving Reporter asks: What is Your Favorite Thing to Do for Christmas?

By Laura Eldridge

Bernard Liles: Getting gifts for Christmas.

Laura Eldridge: Buying and trimming the tree and Christmas in the morning at my house.

Ashley Emery: Listening and singing to the Christmas music on the radio.

Tiffany Thompson: Spending time with my family.

Loretta Maurer: Hanging out with my family.

Sherwin Felix: Staying with family.

Mike Mackey: Singing Christmas carols.

Barbara Graham: Open gifts.

Jasmine Thomas: Getting presents and watching Christmas movies.

Matthew Charles: Dye the popcorn and put a string.



Being Thankful

By Bernard Liles

You have many things to be thankful for. Like if you have the ability to think and move. Then you have two things to be thankful for. Friends and family are another good thing to have. But you have to count your blessings as they come to you. But troubled times will come and you will have to remember that you will get stronger for surviving it. And by getting stronger that will mean you get smarter, better, and more tougher than ever. So storms are not a thing to be happy to have, but are important for your spiritual and mental health. Time is a thing we have so little of, and we need to be grateful for.

“Threshold gives you a reason for getting out of the bed”

Patty Wallace

Meditation Class

By Annie Jones

Meditation Class is on Mondays and Wednesdays at 2:30. Meditation is a great way to reduce stress. The first time I went to it I felt like I could leap over a rainbow. Our instructor talked us through the Meditation. His role was to help us focus on one thing, which was our breathing, even though you may be thinking otherwise. Meditation is a new thing that Threshold is doing. I think it is a great new addition to our clubhouse! And, it would be awesome if we can get an even bigger group. Hope to see more people involved!

Creative in-kind donor

Big thanks to Deb Dobbins, who has offered to throw some extras in her cart for Threshold when she shops at Costco. Check out *10 Ways to Help Threshold* on our website, www.thresholdclubhouse.org, and contact us for more information about how you can help Threshold in your daily travels.



Wish List– Office Chairs





December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Computer Class 2:30	2 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	3 Happy B'Day Dominique B. & Mable S.! Clubhouse Culture 1:30 Bowling	4	5 Happy B'Day Peggy G.! Movies at Blue Ridge Hours 11:30-4:30
6 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	7 Happy B'Day Ronnie D.! Employment Dinner	8 Computer Class 2:30	9 Happy B'Day Barbara G., Cary W., and Mary G.! Math/Reading Class 1:00 Health/Wellness Class 1:30 Disney on Ice	10 Decision Making Meeting 1-2 Activity on Wednesday	11 Happy B'Day Bill J. & Georgia H.!	12 Crabtree Mall Hours 10-3
13 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	14	15 Computer Class 2:30	16 Happy B'Day Ryan R.! Math/ Reading Class 1:00 Health/ Wellness	17 Clubhouse Culture 1:30 Christmas Party	18 Happy B'Day Quinton J.!	19 Happy B'Day David M.! Planetarium Hours 10-3
20 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	21 Happy B'Day Fred J.! Employment Dinner	22 Computer Class 2:30	23 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	24 Christmas Eve Holiday Hours 10-3	25 Merry Christmas Day Hours 10-3	26 Happy B'Day Ashley E.! Ice Cream Sundaes, Games, and Movies Hours 10-3
27 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	28	29 Computer Class 2:30	30 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	31 Happy B'Day Harold R.! New Years Eve Holiday Hours 10-3		

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