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Volume 23, Issue 2
February 2010

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Triangle Martin Luther King, Jr. Day of Service



Martin Luther King holiday is celebrated every third Monday of the month of January. Threshold is open on that day from 10-3 pm. We had some volunteers who came and painted the unit in the building. They were high school students who helped paint the clerical unit, library and member services unit. It was a day to do good things for each other. Threshold had a good time serving food for the members. Some of the members helped cook the food. We had chili hot dogs, baked beans, and ice cream for dessert. The reason why we celebrate Martin Luther King holiday is because he did a lot for black and white races. He tried to show that no matter what skin color we all need to come together and love one another. Dr. King was assassinated a long time ago at a very young age. That was a sad day but we still remember his dreams of peace and love throughout the world.

By Juan Holmes

The Triangle United Way held the 2010 Martin Luther King, Jr. Day of Service, where volunteers and groups signed up to help different non-profit agencies with their projects and needs. We had 16 students and mentors come out to help us paint.

Members Margaret Robertson and Karen Curran help prepare food for the holiday.



A volunteer checking on the Progress.



Two volunteers painting the Member Services Unit



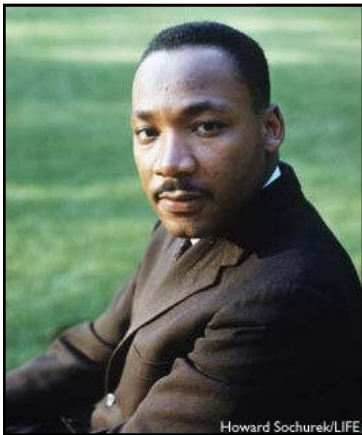
Helping Adults in Durham with Severe Mental Illness Re-Integrate Into the Community

www.thresholdclubhouse.org

Celebrating Dr. Kings Birthday

By Shirley Mulchi

Monday, January 18, 2010 we will celebrate the legacy of Dr. Martin Luther King. He is the one who said "I have a dream". What would this world have been today if he had lived and seen his dreams come true. Our patriotic American flag is red, white, and blue, truly an American heroic hero through and thru. So go out and celebrate Black History month. Read about all the famous leaders, who are well to be saluted.



Howard Sochurek/LIFE

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Roving Reporter Asks: What Does Black History Month Mean to You?

By Laura Eldridge

Bernard Liles: To learn from those who came before you.

Brendan McCaffery: It reminds me how important history is and that we should always think about our history. It reminds me of the important contributions of African-Americans to our country and world.

Laura Eldridge: I think it means that we should strive to live in harmony.

Steve Taylor III: Black history is something special to me. It is my culture and I live for black history. I am a black man and I care about black people. They live for the meaning of their love white or black.

Annie Jones: To me it means that we should be reminded that people of all races should be treated equally.

David Barnett: A celebration of an American ethnic group that has suffered much in the past and has emerged to a President and others are leaders of this country.

Shirley Mulchi: Showing appreciation to all black leaders and historians.

Tony Williams: A goal that a bunch of people reached that lifted up their spirits and became free.

The Threshold Times Newsletter

By Vivian Perry

Preparing a newsletter can be a lot of fun when you have it planned out right. It's about 1,300 newsletters that have to be put together each month here at Threshold and mailed out. First they must be typed, copied, labeled, snickered, and sealed together with a tab. All the mail must be sorted and put in the right box to be mailed. They mail some to members and some to staff, and some people in state and some people out of state. Why it's so important to me to get these newsletters mailed out, is because they represent the clubhouse and members who come here. Sometimes they also have dates of activities, so people can visit if they want. The newsletter is part of meaningful work for members.



Threshold is seeking input from our stakeholders. Please take a few minutes to complete a survey for us. Just go to our website (www.thresholdclubhouse.org). Please complete by February 15th. Thank you for your time and input!

Threshold Receives Matching Grant Funds

With your help Threshold was able to raise more than \$25,000 in “new” money and meet the Stewards Fund challenge grant, receiving an additional \$25,000!! With the generous support of the Stewards Fund, we were able to expand our donor network while doubling a large portion of donations.

This means that every challenge grant dollar we received from donors will be able to provide \$2 worth of services. This means more support for our members in jobs, education, social opportunities and a supportive community. This challenge grant was the kick-off of Threshold’s 25th anniversary year. As part of our celebration we want to build a fund to serve more members, especially those who are currently on our waiting list. Keep an eye on the newsletter for more news about our 25th anniversary and upcoming events. And thanks again for your support!!

2010 Great Human Race - Our Goal is \$2500!

Every year the Volunteer Center of Durham hosts The Great Human Race, which helps non-profit agencies in Durham raise money. This year the race is on Saturday, March 27 at the Durham Bulls Athletic Park. Our goal this year is to raise \$2500! Threshold will get to keep 85% with the rest going to the Volunteer Center to cover costs for hosting the event. We can’t meet our goal without your help! If you are interested in donating please send a check made out to the Volunteer Center/Great Human Race to us at PO Box 11706, Durham NC 27703 or you can donate online at www.active.com/donate/thresholdclubhouse. If you feel like walking with us in the race or have any questions, please call Ashley Emery at 682-4124 for more information. Thanks to all of those who give Threshold your support!

How Your Donations Help...

- \$75 – supports social/recreational programming
- \$90 – meals for a day for clubhouse members*
- \$100 – gas for the vans for transitional employment and social/rec transportation
 - \$150 – GED classes for a month
 - \$300 – reading and math classes for a month
 - \$450 – meals for a week
 - \$725 – social/rec programming for a month
 - \$1,500 – employment training and support for two months
 - \$1,700 – meals for a month

Goodbye and Good Luck Marya McNeish



Our fabulous Development Director, Marya McNeish, had her last day at Threshold on January 5th. After many years of devoted employment to us, she has decided to pursue other career interests. Marya started with Threshold back in 2001, and during her career has done an awesome job of raising money for Threshold and increasing our visibility in the community. It will not be the same without her smiling face and comforting aura. Thank you Marya for all that you gave to Threshold. Don’t be a stranger and remember, we love you!

Threshold from a “Newcomer’s” View

By Brendan McCaffery

One amazing thing about Threshold is the commitment of staff and its members, some of whom have been coming to Threshold for more than 20 years! People tend to have a strong sense of the things that make Threshold a unique place— its people, philosophy, values and traditions - even its quirks! So I wondered: what could I say about Threshold that people don’t already know?

Perhaps I can provide the perspective of a “newcomer.” I started working here in September as my field placement for my Master of Social Work program. Since that time, I have discovered that Threshold is truly an interesting and special place. While I could probably write pages about this (and I did for one class), I will point out just two important aspects I noticed.

First, Threshold is a very community-based organization, which means that the community it serves (members) is very involved in the organization. Threshold strives to make sure that members always have a strong, valued and genuine voice. For example, decision-making meetings provide a great opportunity for everyone to give input into decisions that define what kind of place Threshold is and becomes. This level of participation and inclusion is uncommon at most service organizations. It is a special strength to be proud of!

Second, at a more personal level, I find Threshold to be a remarkably warm, welcoming and friendly place. While there are clearly strong, supportive bonds among the people already here, Threshold welcomes newcomers into its arms. When I first arrived, I was overwhelmed by what was definitely the friendliest welcome to any group I have ever joined!

Staff and members are helping me transition from “newcomer” to part of the Threshold community. During this process, I am enjoying experiencing and learning more about this special community and each of its unique members!

A Braille Keyboard for Our Computer Class!

By Joanne Howell

My name is Joanne Howell. I would like to tell you about the Braille computer keyboard for our computer class. In each case letter window there are dots that stands for alphabetical letters, words and symbols. Feel to touch each dot and they tell the story of each letter. I went to the Governor’s Morehead School in Raleigh, NC. I am partially blind, and I graduated in the year of 1977.

Commitment 2010 Resolutions

By Member Services

1. Stick to commitment – quit
2. Ask yourself if I am doing the best I can.
3. Take constructive criticism from peers.
4. Take responsibility
5. One day at a time
6. Stop excuses
7. Use other alternatives
8. No more pity
9. We need hope
10. Lets be positive

Threshold Vision: Threshold strives to be an exemplary model for the community while promoting awareness of and appreciation for those among us living with mental illness in Durham County. Threshold affirms the dignity and worth of all members by fostering an environment of acceptance, supportive relationships and access to resources. It provides the foundation from which new experiences and attainment of one's full potential can occur.

February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Employment Dinner	2 Happy B'Day Sandy L.! Computer Class 2:30	3 GED Class 11:00 Math/Reading Class 1:00 Wellness Class 1:30	4 Happy B'Day Albert P.! Clubhouse Culture 1:30 Pizza & Game Night	5	6 Happy B'Day Sandra W.! Native American Powwow Hours 10-3
7 Arts & Crafts and a Movie Hours 10-3	8	9 Happy B'Day Wallace W.! Computer Class 2:30	10 GED Class 11:00 Math/Reading Class 1:00 Wellness Class 1:30	11 Happy B'Day Damen H.! Decision Making Meeting 1-2 Valentine's Party	12 Happy B'Day Elliott B.!	13 Flea Market Hours 10-3
14 Arts & Crafts and a Movie Hours 10-3	15 Employment Dinner	16 Computer Class 2:30	17 GED Class 11:00 Math/Reading Class 1:00 Wellness Class 1:30	18 Clubhouse Culture 1:30 Trip to the Mall	19 Happy B'Day Dorothy H.!	20 Planetarium Hours 10-3
21 Arts & Crafts and a Movie Hours 10-3	22	23 Happy B'Day Bruce C.! Computer Class 2:30	24 GED Class 11:00 Math/Reading Class 1:00 Wellness Class 1:30	25 Happy B'Day Hank W. & Lynne C.! Decision Making Meeting 1-2 Bowling	26	27 IMAX-To Be Announced Hours 10-3
28 Arts & Crafts and a Movie Hours 10-3						

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