

Inside This Issue

Page 2
Mitzvah
Volunteers

Page 3
Tree Donation
From Target

Page 4
Thanks for the yearly
contribution

Volume 23, Issue 1

January 2010

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"



Christmas Party 2009

Annie Jones

The Christmas Party was a blast! We had lots of fun at our Christmas Party. We opened our gifts and had food and dancing. Our disk jockey came and played some awesome Christmas music! They used strobe lights to make the party festive. That was pretty cool! We had tons of people there! The crowd made the party feel like a really cool one! We all had a great time! I hope next year it will be as fun as this year but better! I also hope that next year it will be even more festive and popular for people to come and celebrate Christmas with us. I enjoyed it and I hope everyone else had a great time too.

New Year is Important

By Bernard Liles

The New Year is a time of remembering your blessings of the past year. And look for more the next year. The year brings many opportunities for you to gain an advancement or improvement in life. You are more likely to have more success in the coming year than the previous one. You have a chance to change your life for the better. The New Year brings good fortune if you're lucky. Your main goal is to have wisdom and experiences from the trials of tomorrow. You may see places, people, and things you never felt or have seen before in the days to come.



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

www.thresholdclubhouse.org



Ashley Emery, Susie Deter, Phil Wintermute, Sherwin Felix, Janelle Hmpden and Erica Weaver handing out gifts.

Christmas Gifts

By Vivian Perry

It's fun watching all the Christmas gifts being brought in. Hoping that you'll get the gift you said you wanted. We got three Christmas trees this year so I am sure I got the right gift this year. All I can say is it's really something to look forward to. All the wonderful gifts piled up high, almost touching the top of the tree. So many things I looked forward to all the food, all the people, such a wonderful time of the year. I asked for a coat so I am hoping I get one. Happy New Year to everyone!

An Evening of Disney on Ice

By Laura Eldridge

Hey Laura here, how are you doing I am busy getting ready for Christmas, I know you are too. A couple of weeks ago Threshold went to see Disney on Ice. I was a blast of winter fun the skating and singing were in classic tradition of Disney of fun for one and all. I munched on popcorn through the first half everybody concurred it was a once in a lifetime experience. We said good night full of happy energy.

Mitzvah Volunteers

By Jasmine Thomas

We would like to thank the volunteers for Mitzvah Day who came out to fellowship. We had a big feast and the food was delicious. We also would like to thank them for the love in their heart to celebrate the holiday with the laughter and joy and to reach out and help others. It was good to have a support team to reach out and help people with Mental Illness.



Anthony Bullard, Will McNeil, Orlando Edwards, Bernard Liles, Mike Macky, Patty Wallace Members of Threshold and

Target's Tree Donations

On December 18, 2009 a few members and two staff participated in a tree donation at Target's Department Store at the Southpoint Mall in Durham, NC.

Threshold will like to thank Target for the two wonderful trees that were donated we also will like to thank Triangle United Way for setting up the arrangement.

Happy New Year from
Threshold Clubhouse

Alan Jackson's Interview

What benefits do you have towards the van on Social Recreation nights?

A." It allows me to have service to the van and have it ready to go. It allows me to use my discretion without disrupting the routine of the clubhouse."

How do you like having a job that involves interacting with people and having some leisure time?

A." I love interacting with people. I love people. I would appreciate a little structure in my hours."

What is your favorite Social Recreation Event?

A."I like bowling and going to Ball games."

How do you like having extra spending money?

A." You always have a place for spending money!"

Would you recommend this job to anyone?

A." You would need to be very, very flexible and patient."

The Threshold Times **4** January 2010

Thanks to All for Your Generosity at the Holidays!

Threshold is so grateful for your support. Here are just a few highlights:

- Zach Maurides and his friends at Duke who donated nearly \$4,000, the most Spartan Entertainment has ever raised for a local nonprofit, and a great leap forward for our matching grant campaign
- Stewards Challenge friends who encouraged their friends to support the campaign – Nancye Bryan, Jane Goodridge, Anne Drennan, Mary Eldridge, Sharon Barnes, Ali Swiller, Cynthia Barnes, Pat Gunter
- Thanksgiving and Christmas Day volunteers – the Carpenters, Cliff Brandt and those dedicated folks of the Durham/CH Jewish federation
- Board members and community members who helped gather personal care items for our presents for our members – Tammi Brooks, Diane Linfors, Jane Goodridge, Sue Estroff, Reggie Mombrun, Onie Williams, Andria Linn
- Clickers for a Cause, who donated beautiful handmade scarves and an afghan

Many more who showed up to cook, serve food, helped us say thank you, and provided countless other generous gifts.

THANK YOU! You help make Threshold a great community!

Congratulations to David Smith, who recently received the NAMI NC Lifetime Achievement Award. Check out NAMI Durham's November newsletter for the full text of his accomplishments.

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game. 'I liked it, but I couldn't understand why they were killing each other for 25 cents,' she said.

'What do you mean?' he asked.

'Well, everyone kept yelling, 'Get the quarter back!'

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

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy B'Day Lamont S.! New Years Day Holiday Hours 10-3	2 Movies at Blue Ridge Hours 11:30-4:30
3 Happy B'Day Mitzi S.! Arts & Crafts and a Movie Hours 10-3	4	5 Happy B'Day Stephen T.! Computer Class 2:30	6 Math/Reading Class 1:00 Health/ Wellness Class 1:30	7 Clubhouse Cul- ture 1:30	8 Happy B'Day Donald R.!	9 Bowling Hours 10-3
10 Arts & Crafts and a Movie	11 Employment Dinner	12 Computer Class 2:30	13 Math/Reading Class 1:00 Health/ Wellness Class 1:30	14 Decision Mak- ing Meeting 1-2 Talent Show	15 Happy B'Day Damont M.!	16 IMAX Hours 10-3
17 Arts & Crafts and a Movie Hours 10-3	18 Happy B'Day Jennifer B.! Martin Luther King Jr. Holiday Hours	19 Happy B'Day Mark W.! Computer	20 Math/Reading Class 1:00 Health/ Wellness Class 1:30	21 Clubhouse Cul- ture 1:30	22 Happy B'Day Karen C.!	23 Planetarium Hours 10-3
24 Arts & Crafts and a Movie Hours 10-3	25 Happy B'Day Iris L.! Employment Dinner	26 Happy B'Day Ken R.! Computer Class 2:30	27 Math/Reading Class 1:00 Health/ Wellness Class 1:30	28 Decision Mak- ing Meeting 1-2 Bingo	29	30 Happy B'Day Kathy A.! Science and History Museum
31 Happy B'Day Hazel G.! Arts & Crafts and a Movie Hours 10-3						

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