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The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

The Great Human Race 2006

The 5K walk at the Great Human Race yesterday went a lot faster than I expected. With an aerobic warm-up we were prepared for what I would call a so-called race. The ballpark provided their stadium for their sponsors and they even had great door prizes. They had snacks for us afterwards, but instead we came back to the clubhouse for pizza. If only Domino's orders a board game with the pizza we could have had a block party. (Referring to the block party, I would suggest a neighborhood watch program, but I am getting off the subject.) Even with the hold up on rain, we could've used a brighter day, but we were the group to pull it off!

By Annie Knapp



The Threshold gang at the Great Human Race!

*****Thanks to everyone who participated in the Great Human Race and to everyone that donated \$\$\$ to support us. We raised almost \$400 which will go towards our social programming. Threshold thanks you!*****

THRESHOLD BENEFIT ART SALE MAY 5 & 6.

Threshold is honored to be this year's beneficiary for MOMart May 5 & 6 at the Broad St. Café in Durham. This annual art sale will feature the work of more than 100 local artists, including Threshold's own Karen Curran.

For only \$15, plan to attend the preview party on Friday night, May 5, and get first crack at the fabulous art, all while sharing wine and hors d'oeuvres with your friends! The sale continues all day Saturday May 6th, and will feature all manner of art, from beautiful hand-painted cards and jewelry to pottery, paintings and sculpture. Buy a card for mom, or a painting for your office.

Last year's event raised more than \$10,000. You can help make this the biggest MOMart yet. Opportunities abound for sponsorship and volunteering. Call Marya McNeish at Threshold for more information. Don't miss this great chance to support local artists and contribute to Threshold.

www.thresholdclubhouse.org

By Marya McNeish

Ninth Street Bakery Crew is AWESOME!!!

By Amber Burgin

Many times as Threshold staff, we forget to give praise, even for the little things that seem mundane. But sometimes a little praise can go a long way. The TEP participants that work at the Ninth Street Bakery deserve a little praise, and I can't wait to tell you why!!

Janika, Jo-EI, and Rodney work very hard every Tuesday, Wednesday, and Thursday making Biscotti that is absolutely delicious!!! Every week they diligently come to work, and through teamwork mix, bake, cut, and package almost 200 bags of biscotti. Jo-EI and Rodney are the newest members of our team and they have quickly learned the ropes to become fast and efficient workers. Janika is getting close to completing her first TEO job and has worked very hard in the last five months to learn everything she can to give her 100% to all that she does.

Working with my biscotti crew really reminds me of why my job is so important. Being able to engage members in a task that provides a rewarding outcome (did I mention that we eat cookies too!!) excites me. When my team member's leave the bakery tired from working, there is a sense of satisfaction that you can hear in their voice that says "I accomplished something." That means the world to me.

Ninth Street Bakery Crew...I am SO PROUD OF YOU!!! KEEP UP THE GOOD WORK!!



Jo-EI, Janika, and Rodney preparing biscotti bags.



Jo-EI rolling dough!

Duke Women's Basketball Had the Crowd Roaring!

On Wednesday, February 22, 2006, we went to the Duke Basketball game for women. There was a lot of excitement, the crowd was roaring with cheers and athlete exercises. The Duke team was in the lead by 30 points, Misty Williams was the start bringing points in for the Duke team. She was known all around by Duke fans. All everybody could do was stay in a state of shock from all the amazement. I love basketball games anyway, but this was a special game because girls were playing. They said they had sold over 6,000 tickets. The place was packed with people and the crowd was roaring.

By Vivian Perry

Mental Health Reform Update

"Aren't they planning to close Dorothea Dix and John Umstead hospitals?" To many in our community, "mental health reform" is some obscure deinstitutionalization process with little impact on their lives. Not so here at Threshold, where we've spent long hours helping members understand the new system and get the services they deserve.

Medicaid changes as of March 20th are having a more direct affect on Threshold's bottom line, as we will no longer be able to bill for the psychosocial rehab (PSR) services we provide to our members who receive Assertive Community Treatment (ACT) services. ACT clients are some of our most in-need members. They are at high-risk for rehospitalization. ACT services are great, as far as they go, providing an intensive team approach from a case worker, psychiatrist, and others to monitor and help an individual in his/her own community. The problem is the rest of the week, when these clients are not receiving ACT services, or waiting for them to arrive. These individuals do best when they have something to do, such as come to Threshold and participate in our work-ordered day or transitional employment programs. ACT services, alone, are not enough to provide adequate rehabilitation to these individuals.

We have, on average, 5 - 8 ACT clients each month who participate in Threshold's program. Our board has decided that we will not discontinue services to these individuals, though we will no longer be able to bill Medicaid for the time they spend at Threshold. We stand to lose @\$2,000 each month to continue serving them. We hope the community will recognize the importance of what we do, and help us make up this deficit, and that the state officials who decreed that ACT services obviated the need for PSR will reconsider their decision.

By Marya McNeish

Roving Reporter: What's Your Favorite Song and Why?

Randy F.-**"Heartbreak Hotel"** by Elvis because I like Elvis

Jo-EI B.-**"Many Men"** by 50 Cent because it reminds me of myself

Pascal R.-**"Moon River"** by Henry Mancini because it's a beautiful song

David E.-**"Do you Remember?"** by Michael Jackson because it brings back good memories

Mae Retha E.-**"Billy Jean"** by Michael Jackson because I can get my swerve on

Tara C.-**"Brown Eyed Girl"** by Van Morrison because it reminds me of myself in the past

Doris E.-**"Respect"** by Aretha Franklin because it inspires me

Kelven H.-**"Watchin' You"** by Slave because it reminds me of a nice summer day in my car

Amber B.-**"Rock with You"** by Michael Jackson because it's all about the glove!

Phil W.-**"Paradise"** by John Prine because it expresses a lot of things I feel

Marya M.-**"Sweet Old World"** by Lucinda Williams because it lists great things about life

Kyle C.-**"Inside my Head"** by the Connells because it reminds me of someone that is very special

Lindsay B.-**"To Be With You"** by Mr. Big because I love cheesy 80's ballads

Tennille K.-**"For the Love of Money"** by the Ojays because it's the only song that makes me dance

Dirk G.-**"My World is Empty Without You"** by the Supremes because I love Diana Ross

Orlando E.-**"You Gets to Chill"** by EPMD because I like the video

Mike M.-**"How Great Thoughts Are"** by various artists because it inspires me



The Cracked Water Pot



A water bearer in India had two large pots, each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water in his master's house.

Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do. After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you."

"Why?" asked the bearer. "What are you ashamed of?"

"I have been able, for these past two years, to deliver only half my load because of this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path."

Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again it apologized to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it.

I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

Moral:

Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

Author Unknown, Submitted by Lynne Cantrell

April 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Happy B'Day Kim M.! Open 12-5 Movies at Blue Ridge
2 Happy B'Day Erica H.! Open 10-3 Arts & Crafts	3 Happy B'Day Johnny G.! Employment Dinner	4 Job Club 1:30 Basic Computer	5 Math/Reading Class 1:00	6 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Durham Carnival	7 Happy B'Day Betty K. & Laurel T.!	8 Open 10-3 Artwalk
9 Happy B'Day Lee G.! Open 10-3 Arts & Crafts	10 Happy B'Day Janika B. & Erica W.!	11 Job Club 1:30 Happy B'Day Wendy B.! Basic Computer	12 Happy B'Day Elson A.! Math/Reading Class 1:00	13 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Hike/Picnic	14	15 Open 10-3 Flea Market
16 Happy B'Day Ron M.! Open 10-3 Arts & Crafts	17 Employment Dinner	18 Job Club 1:30 Happy B'Day J Melvin! Basic Computer	19 Math/Reading Class 1:00	20 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Duke Gardens	21 Happy B'Day Patty W.!	22 Happy B'Day Lee Anne P.! Open 10-3 Softball / Basketball at the park
23 Happy B'Day Kenyatta C.! Open 10-3 Arts & Crafts	24 Happy B'Day Anthony F.!	25 Job Club 1:30 Basic Computer Class 2:15	26 Math/Reading Class 1:00	27 Clubhouse Culture 1:30 Advanced Computer Class Karaoke/Talent Show	28	29 Open 10-3 Museum of Life & Science Explore the Wild Grand Opening
30 Happy B'Day Larry D.! Open 10-3 Arts & Crafts						

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