

INSIDE THIS ISSUE

*Thoughts
About
Medicine*
Page 2

Page 3:
*Focus
Group*

George
Page 4

May 2006
Volume 21, Issue 5

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"



Flowers on the Bloom



Remember our fake flowers that appeared in our yard one morning? The fairies have been warded off, because now they bloomed into real flowers. Well, maybe it wasn't that simple.

GlaxoSmithKline, a pharmaceutical company that works with drugs with the mentally ill, came to work in our yard Monday morning. Our beautiful fake flowers are gone! Now we have some new beautiful assortment of flowers up-rooted. They came out and made our yard look like Spring appeared through the clouds. They patted out new mulch beside the walkway, moistening our beautiful marigolds and brightening our very own eyes. We now have a watered, well trimmed, yard that needs to be well treated. We now have new bushes called Firepower and Holly Bushes. We have petunias, marigolds and more marigolds around our trees out front. Now that we have one big garden, I only have one last thing to say. "Thank you, GlaxoSmithKline, for making Threshold look beautiful."

-Annie Knapp



Working Hard in the Yard!

The Threshold Crew and GlaxoSmithKline take a quick breather to pose for a photo.

Springtime

Springtime is my most favorite season. All the colorful scenery, with flowers blooming all over the place. You even get to take walks without shoes. If year round could be like spring, I know I wouldn't complain. The birds start singing and flying everywhere. Animals start coming back out. Here at Threshold I know there will be something special just for the season. In arts and crafts they will have something especially for the first month of spring. I am hoping to make flowers because I have a place for them.

-Vivian Perry

MOMart Reminder!

Come buy art and support Threshold!

May 5: 7 – 10, \$15 preview party

May 6: 9 – 4, free

Broad Street Café

1116 Broad St., Durham

Literacy for Young and Old

Anna Maria! Oh Maria! Mamma Mia! Oh Maria! How can millions of people think that they don't need education.....how can they do that.....how can they.....what do they think.....like if they don't or won't study.....then they can achieve something in life.....but how.....how can they be like that.....silly are they or are they dumb.....most of America's teenagers starting from an early age think that money is life and money is love.....but I tell you something-whoever you may be-Once upon a time a man had two sons, and one of them wanted to leave home so his father gave him money, cattle, and his coat this son of the man sold his cattle up 'till the last one and he was slowly running out of money to live on, so he went back to his father with all he had but nothing, and his father was so glad and old to see him that in his happiness he got up when he saw his son and started running to him because he came back to his father; his other son did not understand why the father made new clothes for his son who came back but neither the son understood, but the father said you came back and were gone-so he was given riches but he did not understand why-therefore-you need to listen to your parents to guide you on your path and to you teachers as well-

-So now you understand why you shouldn't go after money but after schooling and the knowledge of learning because with that you can achieve anything.

By Anonymous Member

Thoughts About Medicine.....

People it is said by professionals spend the majority of their lives sleeping. Also people on certain medication sleep a large amount of time sleeping. I have been there and in most cases as a so called Doctor. That I was. Lets say I call them the ones in the "Zine" family. Thorazine, Stelazine, I have been on a lot of the "Zines". And a lot of it depends on the dosage and the amount of time. The good thing about them is that once you are on them for a period of time they stay in your system for along time. With the Abilify I take it only stays in your blood for a period of 4-5 days or less. When I first took Stelazine it made me sleepy and calm and the doctor told me after a few months that it would wear off and it did. I also kept asking for increasing dosages. Sleeping for some people is a way of escaping reality. As I am now on Abilify 20 mg. at night things are clearer and it has none of the side affects of the "Zines" I was on. Our attitude also I think has a bit to do with it! I can now get by and as I get older 4-6 hours a night. It's up to me how to spend these extra awake times. I am not putting down the "Zines" for they truly help a lot of people. I had too many side effects though on most of them. As I am now 51 years old I really need to spend more time doing positive things and accomplishing as much as possible to be a responsible person and adult. Improved friendships, of course I can't have everyone like me and that's just life. And try to be myself and be responsible for my actions. Everything we do positive or negative affects others around us in some way. I want to accomplish as much as possible before I pass away.

Sincerely,
David Barnett

Help us earn money through Food Lion

You can help us earn money each time you shop at Food Lion. We must have at least 25 MVP cards registered to enroll Threshold in the program. Please call Marya McNeish at 682-4124 to sign up, and tell your friends. Thanks!

Big Momma

We went to Blue Ridge movies and had a good time. It only cost \$1.50. I watched a Martin Lawrence movie called *Big Momma's House 2*. It was about Martin playing as a nanny. His role in this movie was funny to me. I had popcorn and a soda to go with my movie. He had a tough role to play. He was working with the police department looking for the bad guys who him and who Martin works for. He works for a big company, and he had information on his computer that was evidence, where he could have lost his life. Martin saved him and his family was okay. Martin also was one of the Kid's Dance group and he made them a success. One of the teenagers he got out of trouble was a good girl but made some mistakes.

-Tim Lee

Focus Group

Something that was very interesting was a study that was done by Mrs. Karen Gray, Ph.D., an assistant professor at the University of South Carolina. This study was an interview to hear your opinion and beliefs about the DCLT (Durham Community Land Trust). There were about 40 people interviewed in all. We had 12 people out of the 40 in our study. Everybody in our group lives on the West End.

They asked questions about how we liked the crime rate in our community, were living conditions okay, and did we have neighborhood clean up days. It's really quiet around where I live. So far I have been with Land Trust for about 15 years. I am satisfied with where I live. Most people like DCLT. It's really a great place to rent or buy housing from. It's really a clean environment. There is so much to be thankful for.

-Vivian Perry

Mental Health

There has been a time when I thought I would not make it to live this long. All my feelings were in my feet, but now I can put one foot in front of the other, and say I might not have long but at least I am living for now. It is hard trying to live taking 16 pills a day and holding on to life whatever it's worth.

A man that used to be the Director told me I better hold on, because all my family is just about dead. I miss all the people in my family. Knowing that I'll never see them again. A mentally disordered person may cause a threat to harm themselves or other people. Anyway I never thought I would end up mentally ill. Now there is a place for mentally ill adults. The clubhouse I go to is Threshold. Being a member I can feel self worth. Now I am presently a member of Threshold. We have the work ordered day to hold on to. We also have activities on Thursday nights and the whole weekend, and arts and crafts on Sundays. No one has the answer yet, but I hope somebody comes up with an answer.

Because you know things haven't been the same with me since that first time I took a psychiatric pill. The medication for mental illness is not no joke. If you get a hold to the wrong medication you might go into a seizure.

-Author Unknown

Joke of the Month!

Q: What did the rug say to the floor?

A: "Don't move, I've got you covered!"

Submitted by Dirk Gunn

George

On Jan. 3, 1939, I met a man named George. His wife, Velma, fed me. For the next four years I watched George everyday, George moved to a small town named Scration. He put me in the car with Velma, and his daughter Mary Ellen. One day a white dog bit me on the leg, they said the dog was mad, so George hit him in the head with a hammer. I had to take twenty one shots for rabies, so I wouldn't go mad. The shots were given in the stomach, they made me cry.

While playing in the front yard at George's house, a man drove up fast, looking for George, George was gone off, so the man gave me a bag, a white bag, and said give it to George. I said "OK". I looked in the bag and it was full of money, more money than I have ever seen. I put it under my bed. George's brother came the next week, named Raymond, full of charisma. I wanted to go home with him; they said I couldn't go because I didn't have any money. I said, "Yes, I do". I went and got the bag of money, boy was I in trouble.

I remember George's daughter, Mary Ellen, opened up a barber shop one Saturday and cut hair for all the girls in the neighborhood for free. That day there were more mothers at our house than I have ever seen, see Mary Ellen couldn't cut hair.

One day I watched George go out and run up to a school bus, I asked Velma what George was doing, she told me that George drove a bus for the school, also that day I found out that George was a preacher and preaches at four churches. The depression was supposed to be over, but we didn't know it.

I am told that we sat down to eat; there was only one can of beans to eat. Velma divided it between the four of us. George blessed the beans; before we could eat there was a knock at the door. A man had killed a cow and gave George half of it; we were full of food that night. Have you ever been really hungry?

At the end of four years, George moved to Clio. I remember Velma got sick one night, I thought she was sick, but she had a miscarriage and her baby died. She later lost another one, a boy and a girl. George took care of us all.

Then there was a war, George left. I remember when the war was over, everyone was happy, dancing in the streets blowing horns; town siren went off for hours, the end of World War II. George came home with a car load of food. Every kin people came that summer and we canned food all summer. I remember one day I was playing at Jimmy's house, and his mother told me to go home, when I got home, Velma told me that President Roosevelt had died. The whole country went into mourning. I remember coupons for food. Sugar was rare. Things got better.

George then moved to Lotta, where we lived for five years. I had a sweetheart named Florence Manning. We remained friends for a long time, then I heard that she died, and her husband too. The last year at Lotta I played football.

When in the eight grade, George moved to Charleston. Mary Ellen got married and moved to Germany. I went to school at Charleston High, the town was full of gangs, and they chased me all over the school and sometimes followed me home. One day we moved to another part of town and changed schools. The gang days were over. I started over again in football, played right tackle; we won all of our games that year until George moved again. I moved with George again.

We ended up in Manning, where I finished high school, playing football and basketball, I got a scholarship to play football at Walford College, and nobody made the team that went with me. George wanted me to play at Duke, where he had gone to school, but I wasn't big enough for the Duke team. I did go to college, George helped pay for schooling and I washed dishes to help pay for school.

One day I found myself in Florida where I lived almost for two years. George died that year while I was in Florida. George was the best friend I ever had; he took care of me, providing food, clothing, support, good advice. Always on my side. I will never forget George, for George was my father. Velma my mother, Mary Ellen, or "Monk" was my sister.

-Member

May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Happy B'Day Lisa B.!	2 Job Club 1:30 Basic Computer Class 2:15	3 Math/ Reading Class 1:00	4 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Trip to Mall	5 Happy B'Day Paul D. & Gary R.!	6 Happy B'Day Gretchen S.! Open 10-3 Berry Picking
					Happy B'Day Joyce B., Tara C., & Theldora C.!	
7 Happy B'Day Mason P., Wesley P., Antoinette T. & Richard H.! Open 10-3 Arts & Crafts	8 Happy B'Day Chris D.!	9 Job Club 1:30 Basic Computer Class 2:15	10 Math/ Reading Class 1:00	11 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Karaoke/ Talent Show	12	13 Open 10-3 Museum of Life & Science Explore the Wild Grand Opening
					Happy B'Day Robert S. & Kelven H.!	
14 Open 10-3 Arts & Crafts	15	16 Job Club 1:30 Basic Computer Class 2:15	17 Happy B'Day Barry P.!	18 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Bowling	19	20 Open 10-3 Artsplasure
					Happy B'Day Robert S. & Kelven H.!	
21 Open 10-3 Arts & Crafts	22 Happy B'Day Larry J. & Ronald W.!	23 Happy B'Day Dan L.!	24 Happy B'Day Rebecca C.!	25 Clubhouse Culture 1:30 Advanced Computer Class 2:15 Picnic and Hike	26	27 Open 10-3 Primate Center
					Happy B'Day Johnny C.!	
28 Open 10-3 Arts & Crafts	29 Open 10-3 FREE Memorial Day Cookout	30 Job Club 1:30 Basic Computer Class 2:15	31 Math/ Reading Class 1:00			

PO Box 11706
Durham, NC 27703

Non-Profit Org.
US Postage Paid
Durham, NC
Permit No. 13

