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# The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

## Martin Luther King's Birthday

By Bernard Liles

Martin Luther King Jr. was born on January 15, 1929 and died on April 4, 1968. Martin L. King was African American, a clergyman, and an activist as well as civil right movement leader. His legacy was to the promotion and security of civil rights in the U.S. and he called a human rights icon. In 1955, he led the Montgomery Bus Boycott, and also helped with the finding Southern Christian Leadership Conference first president. King led the 1963 March on Washington. There he delivered his famous speech, "I have a dream." In doing so, he raised public consciousness of the civil rights movement. King made him one of the greatest orators in US History. In 1954, King was the youngest person to win a Nobel Peace Prize for trying to end racial segregation and discrimination by civil disobedience and other non-violent means. Jesus Christ, Abraham Lincoln and Theadore Herzl, and many others had influenced him.

## My Bibliography of Madam Ida B. Wells

By Dirk Gunn

Miss Ida B. Wells was a great pioneer when she started her insurance company. She was lovely to watch her work and she was a beautiful woman. I don't know old she was. She ranks up there with Miss Mary McLeod Bethune. She went to people's houses to sell them insurance. She was the first to sell insurance to people who could afford insurance and to African-Americans. People just loved her so much. She was hypothetically speaking a very educated woman. She was a lady who was very tough in her field of business. I would love to have the opportunity to visit her home wherever she may dwell.

## THRESHOLD'S WISH LIST

### 3 HEAVY DUTY STOCK POTS

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

[www.thresholdclubhouse.org](http://www.thresholdclubhouse.org)

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## JR's Shopping Trip

Natasha Jackson

On Saturday December 13, 2008 we went to visit JR's to go discount shopping on a hole lot they have jewelry, toys, food tobacco products all for a low price they also clothing shoes, I bought perfume. Five different kinds make up. Gifts for my kid cousins and the older ones plus the teens and we all so went to Burlington coat factory the all so have a lot to offer for some people. Now people that went to JR's ask me can I ask the staff can we go again? I thought that they did not like going. But the reason was that most people did not have any money to buy what they saw that they like. Maybe next time we can go the first weekend when people get their money. For those who miss this or did not want to come you really missed out on something great. Ask anybody that came.

**A Famous Quote:** "I never doubted my ability, but when you hear all your life you're inferior, it makes you wonder if the other guys have something you've never seen before. If they do, I'm still looking for it." Hank Arron (1934 - )

## Our Arrival

Mike Davis

On the first generation we thought we had no hope.  
Singing old Gospel hymns, that is how we cope.  
As a black man it was no evidence. But now my hope is evidence.  
To now see Obama as our first black President.

## My Autobiography of George Washington Carver

1864-1943

George Washington Carver was a great outstanding man. He's so much like Mary McLeod Bethune in so many more ways than one. He knew his work in making peanut butter and putting it out in the market. He knew how to make it and govern it accordingly. He was also a scientist and he was also a slave born to slave parents in 1864. He has had many great achievements. He won many trophies for being a skillful scientist and knowing his work. People write books and novels about him and his life. He treated everybody fairly and good. He will always be remembered and people will still love him always even though he is deceased.  
By Dirk Gunn

## **We need sponsors for The Great Human Race!**

Attention all walkers, The Great Human Race is coming up! On Saturday, March 21<sup>st</sup> Threshold will be walking in the race. It's always fun, and we look forward to raising money for all the non-profits. Now it is time again to start raising money for preparation for this race. If you would like to be a part of this please call Threshold at 682-4124 and speak with either Annie or Ashley. Now keep in mind that Threshold will keep 85% of all profits that will go towards our service to the community. Please help us out. This is an important contribution for all of Durham's non-profits, and we need your help. Our goal this year is to raise \$750. Thank you to all our sponsors and hope that you will contribute to this fun event. By Annie Knapp

Congrats to Shannon Clay  
(staff member at Threshold) on  
her new arrival

Baby Marley  
January 11, 2009  
7lbs 5ozs.

## **Health and Wellness at Threshold**

Threshold has started its first Tobacco Cessation and Wellness program for Mental Health on January 22, 2009. We have approximately 10 members that are currently participating in the program. This program will aid in alleviating or decreasing the amount of Tobacco dependence and increase overall Wellness in our membership. A quote from member Stephen Taylor III he says, "That it was a good deed and the staff did a good presentation". All that participated in the program received a bag of items with information on Tobacco prevention and cure. If you have any questions about our Health and Wellness program please contact Kimberly Ehinmiakhena and Sherwin Felix @ 919-682-4124.

## **Snack Bar Renovations**

By: Lindsay Grove

The Snack Bar has recently been renovated with new decorations, signs, and products. We have implemented more structure and fun into our daily unit meetings, including weekly goals like being assertive. We also have a new Snack Bar slogan that we recite together at the end of each meeting — "Let's be a team and keep our Snack Bar clean!" Members have expressed their appreciation for the improvements.

## Stigma Associated with African Americans

### Who Experience Mental Illness

Mental Health is often stigmatized and misunderstood in the African American community. As a result, people are sometimes left feeling ashamed and hopeless when trying to communicate with others about their illness. One of the members here at Threshold, Mike Davis, chose to speak out about the issues he has faced with his illness. "I knew something was wrong, I felt worthless, hopeless. I thought I was going to die". He continued "when I found out my diagnosis, I wanted to die and hide from people". But thankfully, he is now learning more about his illness, and he is now positive that he can live a productive and meaningful life. Mental Illness is not a disease that discriminates on the basis of race, creed or gender. Anyone can suffer from it. However, in the African American community there is a stigma that is associated with mental illness that keeps African Americans from seeking the help they need. Articles from Annelle B. Primm, MD, African American Mental Health, NAMI African American Community Mental Health Sheet, and the Black Mental Health Alliance point out that some of the contributing factors why African Americans don't get help for their illness include the obvious stigma of having mental health issues, finding affordable health care in their community, poor quality of Mental Health care services, and not being properly educated about Mental Health.—Kimberly Ehinmiakhena

### Roving Reporter asks: What is your favorite Valentine's Memory?

Patty Wallace: When my boyfriend gave me candy and pink roses.

Phil Wintermute: When my first girlfriend gave me peace signs stickers.

Laura Eldridge: When my first boyfriend gave me my first Valentine's Day card.

Mike Mackey: In grade school friends gave me Valentine's Day cards and candy.

Gary Baker: Giving Valentine's Day cards with suckers in them to my classmates.

Kyle Cates: Exchanging Valentine's Day stuff.

Ashley Emery: Having my son the day before Valentine's Day in 2007!

Janelle Hampden: When I was 6 years old and my mother surprised me with a cookie shaped like a heart. It was beautiful and delicious.

Marya McNeish: Every year my high school best friend and I exchange flowers.

Barbara Graham: Valentine's Day means love and peace everywhere.

***Threshold Vision: 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. Threshold strives to be an exemplary model for the community while promoting awareness of and appreciation for those among us living with mental illness***

# February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1</i></p> <p>Happy B'Day Sandy I.!</p> <p><b>Arts &amp; Crafts and a Movie Hours 10-3</b></p>	<p><i>2</i></p> <p><b>Employment Dinner</b></p>	<p><i>3</i></p> <p><b>Computer Class 2:00</b></p>	<p><i>4</i></p> <p>Happy B'Day Albert P.!</p> <p><b>Math and Reading Class 1:00</b></p>	<p><i>5</i></p> <p><b>Clubhouse Culture 1:30</b></p> <p><b>Circus</b></p>	<p><i>6</i></p> <p>Happy B'Day Sandra W.!</p>	<p><i>7</i></p> <p><b>Closed for Staff Training</b></p>
<p><i>8</i></p> <p>Happy B'Day James W.!</p> <p><b>Arts &amp; Crafts and a Movie Hours 10-3</b></p>	<p><i>9</i></p> <p>Happy B'Day Wallace W.!</p>	<p><i>10</i></p> <p><b>Computer Class 2:00</b></p>	<p><i>11</i></p> <p>Happy B'Day Damen H.!</p> <p><b>Math and Reading Class 1:00</b></p>	<p><i>12</i></p> <p>Happy B'Day Elliott B.!</p> <p><b>Decision Making Meeting 1:30</b></p> <p><b>Valentine's Party</b></p>	<p><i>13</i></p>	<p><i>14</i></p> <p><b>Movies at Blue Ridge Hours 11:30-4:30</b></p>
<p><i>15</i></p> <p><b>Arts &amp; Crafts and a Movie Hours 10-3</b></p>	<p><i>16</i></p> <p><b>Employment Dinner</b></p>	<p><i>17</i></p> <p>Happy B'Day Kathryn C.!</p> <p><b>Computer Class 2:00</b></p>	<p><i>18</i></p> <p><b>Math and Reading Class 1:00</b></p>	<p><i>19</i></p> <p><b>Clubhouse Culture 1:30</b></p> <p><b>Bowling</b></p>	<p><i>20</i></p>	<p><i>21</i></p> <p><b>Native American Powwow Hours 10-3</b></p>
<p><i>22</i></p> <p><b>Arts &amp; Crafts and a Movie Hours 10-3</b></p>	<p><i>23</i></p> <p>Happy B'Day Bruce C.!</p>	<p><i>24</i></p> <p><b>Computer Class 2:00</b></p>	<p><i>25</i></p> <p>Happy B'Day Lynne C. &amp; Hank W.!</p> <p><b>Math and Reading Class 1:00</b></p>	<p><i>26</i></p> <p><b>Clubhouse Culture 1:30</b></p> <p><b>Bingo</b></p>	<p><i>27</i></p>	<p><i>28</i></p> <p><b>IMAX Hours 10-3</b></p>

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REMEMBER: YOU ARE  
ALWAYS NEEDED,  
WANTED, AND  
EXPECTED AT THE  
CLUBHOUSE!!

