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October 2009

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Help Us Meet the Match! Threshold Kicks Off 25th Anniversary Year of Celebration with \$25,000 Stewards Fund Challenge Grant

We are thrilled to announce a \$25,000 challenge grant from the Stewards Fund! **The Challenge will begin October 15 and run for three months.** Our job is to raise \$25,000 in "new" money in that time in order to qualify for the match.

We are thrilled to kick-off our celebration of 25 years with this challenge. Threshold's program does so many great things for our members: jobs, education, social opportunities, a supportive community. We help our members build better lives for themselves.

Here are two things to know about last year: 1) 122 individuals were active members of Threshold. Of those, only three had to spend time in the hospital. 2) Last year Threshold provided more than \$137,000 in unreimbursed services to members, and was forced to keep some members who want to join Threshold on the waiting list.

You can help. This challenge will help us expand our important work, and touch more lives along the way. We're building a fund to serve more members. This challenge is the first piece of the puzzle.

So just what is "new" money? The Stewards Fund will match all donations from new donors and from those who haven't contributed in the past 24 months. If you have been thinking about sending a gift, now is the perfect time! If you are a regular contributor, thank you. Your support has sustained us and helped us develop a program that makes a real difference. We hope you'll consider increasing your gift, as the Stewards Fund will match the amount of the increase.

We'll help with the details. You'll be receiving a letter soon. Do feel free to call Marya at 682-4124, with questions. Or just take a minute now to fill out the form below and pop it in an envelope. And, again, thank you.

YES! I WANT TO HELP THRESHOLD MEET THE STEWARDS CHALLENGE!

Name _____ Phone _____
Address _____
Email _____
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Discussion and Reading Class

We called it Math and Reading Class. Durham County Literacy helps advance literacy in more than just reading. Math literacy means you can use numbers accurately. Computer literacy means you can use online resources and office software. Literacy. The traditional definition of literacy is considered to be the ability to use language to read and write. Also the ability to listen and speak is relevant. The goal is to communicate at a level that lets one be understood. This means one can take part in society, exchange ideas with each other. The United Nations Educational, Scientific and Cultural Organization (UNESCO) has drafted this definition: Literacy is the ability to identify, understand, interpret, create, communicate, compute and use printed and written materials. We all have learning and sharing.



Thoughts from the Math and Reading Class, held on Wednesdays by Anne Whitefield.

Leslie's Interview By Annie Jones

What did you expect out of getting a job?

I expect to make more money, to feel more grown-up and be more independent.

How does it feel having some extra spending money?

I feel like I can afford more purchases.

What have you learned from working?

It makes me learn self-discipline.

Now that you work, do your expectations differ from when you just got started?

I feel like I can do what they ask me to do.

Threshold Was Missed

I left Threshold for a while. It was hard for me, because I thought I could make it. This has made me so unhappy because I couldn't make it alone, by myself. I had to come back with all my friends in members, and staff. This is hard for me to understand, because I just can't stay away from Threshold long, before I'm missing it and wanting to come back.

I missed all the meetings and all the sounds of hustle and bustle. The food is one of the main things I missed. All the games on game night, and the trips for activities like bowling, mall trips, and museums. Threshold has done so many wonderful things for me. My apartment that I have been living in now for fourteen years was founded by Threshold.

By Vivian Perry

Thank You to Birthday Cake Bakers! Every third Thursday we celebrate birthdays at Threshold. Big thanks to volunteers Heather Linton and Julie Starnes, who support the Clubhouse with festive and delicious birthday cakes each month.



Kudos: Threshold Member Karen Curran's photography was featured in the latest Brushes With Life exhibit at UNC. Congratulations, Karen! For more on Brushes With Life see page 4.

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Employers Dinner 2009

Hey, everyone! Our Employer's Dinner was a couple of weeks ago! Every year we get together and have a fancy dinner at The Marriott! We have people speak! Shirley Mulchi was an excellent speaker, she was the MC! Oh, she was awesome! We honored our employer's and the whole team from NAMI! Plus a whole lot of music and dancing! That is my favorite part! Every year we do this and we always rock the party! We have fun getting this together. It is a lot of work but we have fun. Next year we need more music and dancing! And more getting down and funky!

By Annie Jones

Thanks again to our 2009 Table Sponsors

George and Jane Goodridge
Nelson and Company

ACME Plumbing and Heating
Blackman & Sloop
Tammi Brooks and Don Mullen
Comfort Engineers, Inc.
Frank Ward
Friends of Threshold
Joan Gillings
Self Help
Measurement
Shared Visions Foundation
Nancye and Sam Bryan
George Newton
Law Offices of Gwen Hailey
Threshold Board of Directors

2nd Annual Threshold Heroes Award Goes to Durham NAMI

Durham NAMI works tirelessly to provide education and support to families trying to understand mental illness. Just as important, they are dogged in their work to eradicate stigma in the community. It is because of them, for example, that Durham's police officers have a much better understanding of how to work with adults with mental illness. Please join us in giving a big high-five! to Durham NAMI for their hard work on behalf of individuals with mental illness and for their dedication to Threshold.



Lindsay Grove, Shirley Mulchi, and Laura Eldridge having fun at the Employers Dinner.



Leslie Land and Kurt Melges entertained everyone during dinner.

Roving Reporter asks:

What Is Something You Want to Do Outdoors This Fall?

By Laura Eldridge

Phil Wintermute: I will be riding my bike and sweating less.

Laura Eldridge: I plan to shuffle through the leaves on my way to the bus stop in the morning on my way to Threshold.

Shirley Mulchi: I would like to have gone on the camping trip with Threshold but I couldn't because of a previous trip to the beach with my group home. I am going to the Halloween party.

Richard Hudson: I would like to go fishing while camping with Threshold.

Diane Stout: Go for a short walk.

Loretta Maurer: Badminton

Lindsay Grove: Go running in the park and spend some quiet time on my bike.

Mike Mackey: I like to go strolling in the park and look at nature.

Sherwin Felix: I don't want to rake leaves. I have a huge oak tree in my yard.

Vivian Perry: I like to grill outside at my son's house.

The Threshold Activities

By Anonymous

The activities at the Threshold are place we go to, not only to just have fun, but we also learn things, like how to camp out, go to the walking activities, eat out places. They also have Game Night. The trips that we participate in are great places for people to go to. I think more people should come back not only for the activities. If more people sign for activities more fun. You can learn how to Bowl if you don't know how, we should appreciate the parties, Halloween, Valentine and Christmas parties are so much fun to come to. They also celebrate over Birthdays too. There is so much fun at the Threshold.

**Lean
On**

By
Bernard
Liles

See you weary traveler, too tired and beaten to carry on. So come you worried soul to the place of refuge. O come and lean on my everlasting shoulder. O come, O come to my shelter, come for my protection. Come to be safe, for the world is scary. Yes, we find dangers at every corner. But, you can come to me, if you need someone to lean on. I am always here, now and forever. I will never forsake or desert you. So come and lean on my shoulder of everlasting peace. Joy, O joy you can find in my home. In me there is peace. In me there is wonderness delight. I am always near to you. So close you can touch me. So, you can come on to me for my shoulder is always waiting for you. If you need me, come to see me. And do not let the hurts of the world linger on you, or worries consume you. Hate will only destroy you, your body and mind. So, all I want is you to know that I am here for you.

Durham NAMI Presents Documentary Film October 11

Brushes With Life, Art, Artists and Mental Illness, written and directed by local filmmaker Philip Brubaker, profiles eight artists who span race, gender and age lines to inform viewers about an array of mental illnesses. Brubaker's award-winning film has already captured the SAMSHA 2009 Voice Award given to artists who have given voice to people with mental illness. The film has also won the 2009 Eli Lilly Reintegration Award. Join Brubaker and some of the profiled artists at a screening and reception for the film on Sunday, October 11, 2009, 3:00 – 6:00 pm, at the Carolina Theater in downtown Durham.



October 2009



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 Clubhouse Culture 1:30 Bowling	2 Happy B'Day Victoria M.!	3 Happy B'Day Tommy R.! International Festival Hours 10-3
4 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	5 Happy B'Day Peggy H.! No Employment Dinner	6 Computer Class 2:30	7 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	8 Decision Making Meeting 1-2 CiCi's Pizza	9 Happy B'Day James C.!	10 Flea Market Hours 10-3
11 Happy B'Day Ricky J.! Walk for Hope Hours TBA	12	13 Computer Class 2:30	14 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	15 Happy B'Day Ricky L.! Clubhouse Culture 1:30 Mall Trip	16	17 Asheboro Zoo Hours 9-6
18 Happy B'Day Gary B. & Hoyal S.! Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	19 Happy B'Day Earl O.! Employment Dinner	20 Computer	21 Math/ Reading Class 1:00 Health/ Wellness Class 1:30	22 Happy B'Day Johnnie W.! Decision Making Meeting 1-2 State Fair	23	24 Corn Maze Hours 10-3
25 Arts & Crafts and a Movie, Budget/ Banking Class Hours 10-3	26	27 Sexual Health Class 1:30 Computer Class 2:30	28 Happy B'Day Pete T.! Math/Reading Class 1:00 Health/ Wellness	29 Clubhouse Culture 1:30 Halloween Party	30 Happy B'Day Ralph B. & Pascal R.!	31 Happy B'Day Joanne H.! IMAX Hours 10-3

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October 2009 Newsletter



The Threshold Times Special Insert

Employers Dinner 2009 in Pictures

