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Issue



September 2021

The Threshold Times

Threshold Clubhouse- Durham, NC

"All the News We See Fit To Print"

Poem

By SV

Care for another just
Like care bares smile
Love is crystal above
The sun sunshine
Back alone spine
To stretch and hug
Most care with addition
To love, rugged roads
Most to see a silver
Road to trail we
All opened our eyes
By Success and love at
The end with smile
Last mile tears of joy
Society waves
Itself to cares times.

There is a myth out there stating that people with mental health problems do to have hope for recovery. Here's what I say to that: come to Threshold and you will think differently in less than a week! People with mental illness can recover through time, commitment, treatment and going to a Clubhouse. You will see people engaging in activities, working on their vocational , educational, and personal goals and learning how to become more independent. The Clubhouse is designed this way.

So fight the stigma against mental health issues! We all have feelings! And we can all accomplish anything through hope.

By Annie Jones



What Then...

By JC

You can not work until offered respect to alter your chance. In order out to say I know. Change is the pertinent response. Distaste the worst to be the best. Believe is a proper tool. To say the least; courage can accept the will offered. Never bust a fake token.

Please visit our website at www.thresholdclubhouse.org

The Summer of 2021 at Threshold By SM

Summer, Summer, Summer. Now to the tee summer legacy is almost over. Now we all see fall coming and with a cool fury. And summer heat will leave in a hurry, no worries, no bothers, just saying something good about summers fun and how it all begun. And now the light is always at the end of the tunnel. No more funnel clouds ahead. Now smooth sailing on by are sometime troubled waters. And once again we all see our friend, make a new amend. COVID 19 hit us hard and we are still working as hard as we can at Threshold.

POEM

By Anonymous

Jest by love,
Choice,
by regular mind,
Difference, by love,
times of choice,
test our eyes,
beat the chest of heart,
absolute wine that brings our English,
and truth many approve,
time not testing,
the tongue for most,
I+ D yourself life itself of knowing yourself.

Wayword Seas at Threshold By SM

To the words a praise we all have lengthened our gaze. Until our soils well. Our gardens are here. Now we tackle our pride and we see good days to be not bothered but stay on an even keele. And say amends I or me. if you could only see our hard work and laughter, makes the hearts grow fonder. And now we ponder our wayword seas once more to all of us we see our lives are productive . We all work closely with staff., to smile and laugh as we carry on a good laugh. One potable quirk and no more trouble just wayword seas ahead.

Independent Living by Mike Mackey

After living in a group home, which was a good experience, I moved into an apartment last October. It has been a good transition toward my goal of independence. Independence is a good which we all strive to do, although it is important to have others to depend upon. We all have strengths and weaknesses which we learn and grow. Hopefully, we will be the better for this. All in all, every day is a learning experience, where we can grow as a person. The skills we learn will be a valuable experience to us.

The Beginning of Fall

By Bill Usry

The beginning of the fall of the year is a time of reflection for me, of nostalgic memories of the past when I used to go to school and begin a new school term under a new teacher in a new classroom, and with a new set of textbooks. It was a time of anticipation of excitement, and part of that excitement and anticipation involved a change in the weather. The oppressive heat of July and August starts to wane in September, and the start of school was usually around the first of September. September and October are generally considered to be dry months because the cooling of the atmosphere tends to inhibit local convection. But this time of the year is by no means always dry. It can be very wet, in fact September and October 1959 were two of the wettest months I have ever seen. An active hurricane season is one factor that can make this season extremely wet.

This is a time of year when I used to look forward to weekends with great anticipation. This is when the character of the rainfall begins to change, from local hit and miss showers and storms to more widespread steadier rains that are spread over a wide area. In the meantime, the chilly weather that often accompanies these rains helps to make them more exciting.



What do you call a boomerang that won't come back?
A STICK!!!!

What does a cloud wear under his raincoat?
THUNDERWEAR!!!!

Why did Mickey Mouse take a trip into space?
He wanted to find PLUTO!!!!

My Favorite Movies

By AL

My favorite movies ranked by me.

1. Halloween, The Nightmare
2. Halloween II
3. Halloween season of the witches.
4. Halloween The Return of Michael Myers
5. Halloween, The Revenge of Michael Myers
6. Halloween, The Curse of Michael Myers.

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A Lost Year

By KC

I am glad to be back at Threshold. The year apart has brought some good – some bad for me. I lost my significant other, my beagle, Christie, a year ago. She was called over the Rainbow Bridge. When she got to the Rainbow Bridge, she met up with Shirley Marie (my Basset) and Nancy who found Christie for me, and there decided that they needed to find a new best friend for me. Within a month Champion fleur de her Sweet Potato Pie was on her way to Durham from Prairieville, Louisiana. Her call name is Tater and she is wide open. She is a retrieved Champion from the show ring. Her owners chose to find her a forever home since they have her seater, with whom she didn't get along and they couldn't keep both. I found out about Tater from a breeder in Virginia, and set on my way to adopt her. I truly believe that Nancy, Christie, and Shirley sent Tater to me. If I am wearing a pair of mismatched shoes, you can rest assured that Tater has had something to do with it.

To retain my sanity I have gone through my files and created about 5 albums of new photographic art. I have mainly done my abstract flowers, building abstracts, dog, homes, and people. I have also drawn left to my own devices in order to learn my glad and spend about four hours a day on it. A dear friend of mine has kept me in ink and paper since I wasn't able to work through COVID. The ultimate joy came about two weeks ago when I got an email from Black and White May again. Then I had won a Spotlight Award in their annual Portfolio Content. What that means is they will do a story about me and my artwork, along with a portrait in a later issue. The work that I submitted is a series of abstracts of the walkway at UNC Neuroscience Hospital.

COVID has brought many challenges, both financially, mental health, and isolation. If I didn't have my art and my dog I really don't know how I would have survived. Early into COVID, Christie and I worked on my photo files and reorganized and threw out some very old files. Little did we know we were preparing for a new hound who gets into everything and loves to chew. I had hoped to continue working when COVID was over but found out that the store could survive without me. I have also had a problem with falling - when we finally narrowed down to a medicine interacting with my balance. Proceed seemed impossible with the falling so I was on a mission. I didn't receive a scholarship this year but a dear friend paid my tuition for seventh session in a drawing class. The challenge now is to find funding for the trip and a new pair of matching shoes, since I no longer have my job and my retirement is a tight budget.

September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> 11:00 exercise 2:00 Google duo 2:30 Employment 3:00 Lan-	<i>2</i> 2:00 Crafts 3:00 math 4:00 Games	<i>3</i> 11:00 Healthy Living 1:00 Chat	<i>4</i>
<i>5</i>	<i>6 Labor Day</i> Threshold is open 8:30-12:30	<i>7</i> 11:00 Special projects 2:00 Clubhouse corner	<i>8</i> 11:00 exercise 2:00 Google duo 2:30 Employment 3:00 Lan-	<i>9</i> 2:00 Crafts 3:00 math 4:00 Games	<i>10</i> 11:00 Healthy Living 1:00 Chat	<i>11</i>
<i>12</i>	<i>13</i> 11:00 Travel 1:00 health & wellness	<i>14</i> 11:00 Special projects 2:00 Clubhouse corner	<i>15</i> 11:00 exercise 2:00 Google duo 2:30 Employment 3:00 Lan-	<i>16</i> 2:00 Crafts 3:00 math 4:00 Games	<i>17</i> 11:00 Healthy Living 1:00 Chat	<i>18</i>
<i>19</i>	<i>20</i> 11:00 Travel 1:00 health & wellness	<i>21</i> 11:00 Special projects 2:00 Clubhouse corner	<i>22</i> 11:00 exercise 2:00 Google duo 2:30 Employment 3:00 Lan-	<i>23</i> 2:00 Crafts 3:00 math 4:00 Games	<i>24</i> 11:00 Healthy Living 1:00 Chat	<i>25</i>
<i>26</i>	<i>27</i> 11:00 Travel 1:00 health & wellness	<i>28</i> 11:00 Special projects 2:00 Clubhouse corner	<i>29</i> 11:00 exercise 2:00 Google duo 2:30 Employment 3:00 Lan-	<i>30</i> 2:00 Crafts 3:00 math 4:00 Games		

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September Newsletter

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