

Shore House Gazette

July 2016

Project Write Now

By: Gina Gilanyi

On June 23rd we had a visit from Project Write Now, a nonprofit writing group from Red Bank, for a creative writing workshop. About eight members and two staff members were there



to participate. The facilitators gave everyone notebooks that had really nice writing paper and pens. Some of us were a little more hesitant than others claiming that they “couldn’t write” while others in the group were very excited and could not wait to get started.

We started out with a little exercise to get our minds thinking and then shared our answers out loud. The questions were simple, but made you think. This was a nice way for all of us to get more comfortable with writing and also with each other. It was fun to hear everyone’s answers because we were able to learn more about each other as a group.

From there, we were read part of a memoir that was based upon the words “I remember” at the start of every new thought. We were instructed to

write our own in the same format and were given fifteen minutes to write.

At first I was very nervous and was not sure I would be able to complete the task, but as soon as my pen hit the paper I felt very comfortable. Many memories were invoked full of different emotions, but riveting nonetheless. When the fifteen minutes were up I was shocked at myself for wanting to keep writing; fifteen minutes did not feel like fifteen minutes. We shared five of our “I remembers” each with the group and it was great hearing how others took the prompt to make it their own.

Many of us were surprised at how good we actually are at writing. For me, it reminded me that I should start journaling again because it is a good way to invoke the mind in a therapeutic way.

At the end of the workshop we all felt very connected with one another and realized that we are all authors in our own way. Project Write Now will be coming back in a month to do another workshop and we are very excited. The plans for the future are to work collaboratively for help with member testimonials, grants, and anything else that we may need writing help with. We look forward to continuing to work with this group!

Jokes of the Month By Kerri Zeblisky

Joke 1 (from Readers' Digest)

After a talking sheepdog gets all the sheep in a pen he reports back to the famer:

“All 40 are accounted for.”

“But I only have 36 sheep.” Says the famer.

“I know,” says the sheepdog. “But I rounded them up.”



Joke 2 (Unknown)

I walked into my sister's bedroom and tripped on her bra.

It was a “booby trap.”



Covenant House Presentation

By John and Susan

On June 14, 2016, Shore House presented at Covenant House at their Asbury Park outreach location. Covenant House serves homeless and runaway youth mostly between the ages of 16 and 21. The Covenant House staff requested an interactive presentation that explained what mental illness is all about. This was a completely new approach for us, but we rose to the challenge, coming up with exactly what they asked for. After a week of practicing and tweaking the presentation, we were ready.

Shore House staff member, Susan Mazzeo, and Shore House members: Fran, Sherone, Scott and John all joined together for the presentation. The presentation was well-received and the presenters worked very well together. While the group was small, this worked out well as it made the presentation more meaningful and took away some nerves from first-time presenters.

We discussed what Shore House is about, using an interactive question and answer piece testing audience knowledge of mental illness, which encouraged participation. And participate they did. Members then had a testimonial section where we spoke about our own personal journeys with mental illness and what Shore House has done for us. The diagnoses touched on were: depression, anxiety, schizophrenia, and bipolar disorder. Having a range of diagnoses allowed members of Covenant House to learn more about what mental illness really is and bust the many myths they had. At the end, time was allotted for questions and discussion.

Negative views against those living with mental illness will change by reaching out to the community through education and communication. The presenters truly believe we were able to achieve that goal.

Quote of the Month

By Gina Gilanyi

"We're all human, aren't we? Every human life is worth the same, and worth saving."

— J.K. Rowling, *Harry Potter and the Deathly Hallows*

I think this quote holds a lot of meaning and should be recognized by all. It is short, sweet, and to the point, but holds so much truth behind it. Here at Shore House, we treat all members and staff equally. We have the mission of helping all member's increase self-esteem. Every member's struggles and battles are different, but that does not change the equality within their worth. We work as a community to build one another up individually and focus on every one's strengths.

Standard Reading

By Kerri Zeblisky and Mary Husowech

STANDARD 27: Community support services are provided by members and staff of the Clubhouse.

Community support activities are centered in the work unit structure of the clubhouse. They include helping with entitlements, housing and advocacy, and promoting healthy lifestyles, as well as assistance in finding quality medical, psychological, pharmacological and substance abuse services in the community.

What this standard means to us: We as a Clubhouse are doing this currently as a member brought to our attention that the Section 8 housing opened for a week for a pre-application process. Members have as much knowledge as staff of the resources in the community as we are consumers of these resources.

I Remember Mama

by Sherone Rogers

On June 23rd I was fortunate enough to see a wonderful production of *I Remember Mama* at Red Bank's Two River Theater. Accomplished veteran actresses played all of the roles, which was wonderful to see. Theatergoers were able to walk onto the stage during intermission and see the vintage props (from books to photographs to a typewriter) up-close. The play had comedy, drama and, most of all, history—all captured beautifully. Anyone who did not experience this production missed a treat!



Special thanks to Mrs. Mary Jane Kroon for tickets to *I Remember Mama*!

Unit Updates

Business & Administration

Transportation has always been an issue for the members of Shore House. We have the opportunity to write a grant for a part-time van driver and the members working in B&A got right on it. They crafted the letter, researched how much bus drivers get paid and came up with bus routes.

Members also helped with the recapping of the Monmouth County Grant. Each quarter we are responsible for submitting a report evaluating our progress. Surveys are completed, budgets are reviewed and goals are assessed. It is a really great exercise for members and staff.

Wellness

We have been taking weekly trips to the garden. So far we have harvested basil, but lettuce and string beans are not far behind. We planted mostly seeds this year. While this is a bit riskier than transplants, it is also much more rewarding. Our sweet potatoes are looking very strong and we cannot wait to harvest them.

Research & Development

This month we have focused on doing our part in helping with the audit. We were responsible for collecting expenses and deposits as requested by our auditors. Each month we diligently record all of our purchases and save our receipts. Our organizational skills paid off as we were able to easily find the requested documents.

We also sent out a final mailing for those who contributed to our Tribute Program but were unable to make the Beacon of Hope 5. We sent a copy of the booklet along with a personalized note from the members.

This month we also have increased our social media outlets. We have maintained blogging at least once per week and our twitter followers have now reached about 60.

Shore Fit

By: Gina Gilanyi

When I think of the summertime, one of the first thoughts that come to my mind are barbeques. *How do we stay fit when we're constantly being indulged in delicious summer foods and good company?*

Here are some tips for healthy barbequing this summer:



1. **Bring a healthy “pot luck” option.** This helps to ensure you will have at least one healthy aspect of your meal. Examples: fresh fruit, veggies, or salad with healthy dressing.
2. **Lean meat.** I know that reaching for that hot dog or burger is the typically the first instinct, but instead try switching this out for a nice piece of grilled chicken breast!
If you are grilling at home and are in charge of the food, try a lean turkey burger!
3. **Pay attention to the starches you are eating.** Try and limit yourself to one starchy side. Examples: potato, pasta, bean salad.
4. **Don't show up hungry!** You are unsure of the foods that will be there and you will want to indulge in *everything*. Have a handful of a healthy snack before heading over to curb that hunger.
5. **Put the healthy foods on your plate first.** That way you don't have as much room for the unhealthy foods.
6. **Watch your portions.** You can still indulge in your favorite foods, just be mindful of how much you are eating.
7. **Watch your snacking.** Try to not sit directly near that pesky bowl of chips.
8. **Keep dessert small.**
9. **Stay hydrated.** Drink a lot of water to avoid dehydration and the pangs of false hunger.

Word of the Month

Circumlocution:

Meaning: The use of unnecessarily wordy and indirect language.

Cartoon of the Month

By Kerry Zeblisky



amazonsmile
You shop. Amazon gives.

AmazonSmile is a great, easy way to support Shore House! As long as you are logged into smile.amazon.com (rather than amazon.com), you can shop like you always do on Amazon and a portion of your purchase will be donated to the Shore House. Just designate your charity to be

Shore Clubhouse.

Happy Shopping!



Wish List

Our wishes are broken into four categories: **GOODS, SERVICES, VOLUNTEER OPPORTUNITIES, 19TH INTERNATIONAL SEMINAR CONFERENCE**

GOODS

Office Supplies-

- Pens and pencils
- Calculators
- Copy Paper
- Bulletin boards

Electronics & Software-

- Sharp toner cartridges (MX-C30NT-B, MX-C30NT-Y, MX-C30NT-M, MX-C30NT-C)
- Ink Cartridges (HP 564XL black, HP 564XL yellow, HP 564XL cyan, HP 564XL magenta)
- 1 Mac Book Pro (for graphics and media)
- Adding machine
- Adobe Photoshop
- InDesign

Paper Goods-

- Paper Towels
- Toilet Tissue
- Facial Tissue
- Kitchen Bags
- Small Garbage Bags

Clothing & Household Goods-

- Women's Plus Sizes
- Men's Clothing (all sizes)

Kitchen-

- Blender
- Food Processor
- Knives

Leisure-

- Art Supplies (canvasses, paper, mattes, paints, charcoal, etc.)
- Books

SERVICES

- Employers
- Legal Aid
- Doctor Services
- Group Fitness Instructors

VOLUNTEERS

- Tutors
- Mentors
- Travel Buddies
- Employment H.R. Prep (mock interviews, assistance preparing resumes)
- Evening & Weekend Social Activities Coordinators (Creative Writing, Art, Photography, etc.)
- Videographer

19TH INTERNATIONAL SEMINAR CONFERENCE

- Airline Miles
- Partial Sponsorship of a Member Delegate

** Please note: If something is checked off and you would like to donate it, we can always use more! Thank you!*



July 2016



SUN	MON	TUE	WED	THU	FRI	SAT
National UV Safety Month and Minority Mental Health Awareness Month					1 Newsletter meeting 1pm	2
3	4 CLOSED 	5 Breakfast Smoothie Pilot Program Begins!	6 Policy Meeting 1pm Kim's Birthday!	7 CLOSED	8 CLOSED	9
10	11 CLOSED Chelsea's Birthday!	12	13 Community Meeting 1pm Pamela's Birthday!	14	15 Newsletter meeting 1pm	16
17	18 CLOSED	19 Menu planning Gazette deadline	20 Grocery shopping 10 am Membership Meeting 1pm	21 Cook @ St. James' 10-12 Project Write Now 1:30pm	22 Cook @ St. James' 10-12 Newsletter meeting 1pm Birthday Celebration! Jared's and Brian's Birthdays!	23
24 Patrick's Birthday!	25 CLOSED	26 Menu planning	27 Grocery shopping 10 am Accreditation 1pm	28 Cook @ St. James' 10-12 Mike's Birthday!	29 Cook @ St. James' 10-12 Newsletter meeting 1pm Karen's Birthday!	30
31						

Shore House wishes Mike, Chelsea, Patrick, Kim, Karen, Brian, Pamela, and Jared very happy birthdays!!!!