

Shore House Gazette

June 2016

5 years of building hope

by Sherone Rogers

Beacon of Hope 5 took place on an overcast Sunday evening in May, but the mood inside Rumson Country Club's Riverhouse was quite cheery. Shore House members, staff, Board members and supporters had come together to celebrate our 5th year building a community of hope. Honorees of the evening were unwavering supporters Susan & David Fowler and Two River Community Bank, which takes the "Community" in its name very seriously.



After arriving, guests mingled with Shore House hosts, had cocktails and ate hors d'oeuvres, while discussing the wonderful purpose that had brought us together. When the formal program began, Board Secretary Cathy Smith welcomed everyone and was followed by our Founder and Board President Susan Sandlass, who recounted the long, bumpy road leading to where we are now: in our own space in a town that is happy to have us with constantly-growing membership

and an increasing number of members returning to work or school. We've come a long way from the days when we had one member!

That leads me to our Honorees, two of whom are not only staunch supporters, but the parents of our first member. The Fowlers spoke about the ups and downs they'd experienced with their son's mental health needs and how the most successful model for him that they'd found was the Clubhouse model. Before the event, members had come to consensus about gifts to present to the Honorees. Member Ann Witman graciously



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donated two of her popular “Sandpipers” drawings. President and CEO William Moss accepted on behalf of Two River Community Bank with humor and brief words emphasizing the fact that the Bank is happy to support Shore House and looks forward to a long and happy relationship together.



Next was a moving member testimonial by Kerri Zeblisky, who described her life before and after Shore House. Kerri described the negativity and lack of self-esteem that pervaded her life before she found Shore House and the immense growth she’s experienced since becoming a member of our Clubhouse. Kerri has done things she never thought would be possible for her such as living on her own, managing her own budget, and doing her own grocery shopping. Kerri has even enrolled in college for the first time this year!



Kerri was a tough act to follow, but we were prepared! Board member Peder Hagberg and Board Vice President Lisa K. Wilson were up next with a live auction featuring donated experiences such as the group Central Park Conservancy Tour and the private tour for four of Google’s NYC Offices. Also auctioned were an exclusive dinner for four at Tiro a Segno, the exclusive NYC Italian Rifle Club, followed by target shooting in the rifle range. Last, but certainly not least, were two getaways: the four-day Adventurer Package in Paint Bank, Virginia, accommodating up to six adults at the picturesque Creekside Cabin and

the weeklong Okemo Mountain Resort home in Vermont which once housed twenty-seven!

After Susan Sandlass and Peder Hagberg spoke about Shore House Program Needs, such as grocery money and ink for our printers. The spirited auction then continued with supporters pledging to support our Work Units (Business & Administration, Maintenance, Research & Development and Wellness) for one month each. Some pledged multiple months.



When all was said and done, Board member Ann Rossbach offered succinct words of thanks, encouragement and inspiration. All in all, it was a wonderful evening.

Spotlight On: *Gina* by Kerri Zeblisky

Shore house welcomes Back Gina Gilanyi, Kerri came up with a few questions to ask her.

Question 1: Hi, How does it feel to be back at Shore House after a year?

Being back at Shore House after a year is a wonderful feeling. Everybody is still warm and welcoming as I remember. It feels very nice to be back in such a wonderful community of people and to be accepted as a staff member by all.

Question 2: Do you feel that anything has changed in the year that you have been gone?

Being back I have not really noticed anything that has changed. The one major that keeps confusing me is the change in name of one of the units (Research and Development- I keep going to call it Education & Employment). Also the blog posts and twitter has changed, but in a very positive way!

Question 3: Has there been anything that you feel that hasn't changed but might need to that might benefit us?

The only thing I can think of is to continue to reach out to different groups in the community to get our name out there more! (but we have started to do this).

Question 4: What have you been doing between the year since you've finished your internship with us and now?

This past year I have been in grad school for social work, working, and interning. My internship was at a nursing home and I worked on the weekends at a group home for adults with mental illness. It was a very, very busy year (but totally worth it!). I am happy to have gotten my Master's degree and finally be done with school! ☺

Question 5: Do you have a favorite standard? Please elaborate why it's your favorite.

My favorite standard is: #7. The clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community, or hospitalized.

This standard shows the true essence of community within the clubhouse model. I like this standard because it is something I see that happens here at Shore House. Our members really care about one another and having the reach out system shows how inclusive we are as a community.

Joke of the Month by Kerri Zeblisky

Q: What do you call a horse that stays out after dark?

A: A Nightmare



Anthony's Song Suggestions

1. Carole King- Sometimes You Win, Sometimes You Lose
2. Bee Gees- Tragedy
3. The Human League- Human
4. Earth, Wind, and Fire- after the Love is Gone
5. Count Basie- One O' Clock Jump
6. Bee Gees- How Deep is Your Love
7. Ian Dury- Reasons to be Cheerful
8. Johnny Cash- Walk the Line
9. Hank Williams- Hey Good Lookin
10. George Harrison- Got My Mind Set on You

*****BONUS SONG*****

The Beatle's- Yesterday



Standard Reading

Gina

#8. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.

Shore House is a very open community for all to feel comfortable, wanted, respected, and empowered. By having meetings that encompass all opinions of each member and staff together help to further enhance these feelings. Allowing our members to be heard not only lets their opinions to become important, but it makes the cohesion and daily workings of Shore House even stronger.

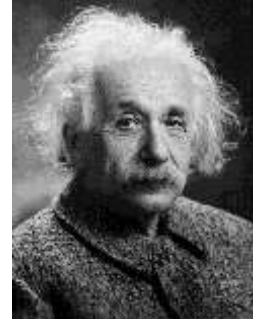
Question of the Month
By Jesus Varela

Who is your role model?

Gina- My dad and J.K. Rowling.



Kerri- Four in this order: Jesus- the Lord, my Aunt Dot, and Seabiscuit a T.B. racehorse, and Albert Einstein.



Fran- My friend Sharon, but she died.

Anthony- Jesus Christ and my mother and father.

Scott- My best friend, Stuart.

Jesus- Nick Vujicic

Taylor L- My grandmother and my mom.

Dan- Sylvester Stallone.



John- My father and God.



Jerry- Buckminster Fuller.

Sherone- My graddad, the late Raymond Rogers, my high school French teacher Mme Vivian Barron, David Bowie, and J.R.R. Tolkien.

Asa- I don't have a role model, although I try to acknowledge and admire the positive traits in each and every person.

David- God and Jesus.



Susan- I don't have one specific role model. I admire certain traits in people: integrity, honesty, kindness, and the confidence to be yourself.

Quote of the Month

The measure of achievement lies not in how high the mountain, but in how hard the climb. The measure of success lies only in how high one feels he must climb to get there.

- Unknown

I find this quote especially relevant to people with mental illness. People with such challenges often compare themselves to others. It can be difficult not to do so when we live in a society that demands so much of us. Many of us struggle just to keep up. I often compare myself to the people I grew up with. I see how successful they have become, and I feel inferior for not equaling their success.

What is “success”? How does one measure success?

If I am to measure my level of success, I ought to be able to define it. I realize now that each person measures and defines success differently. There is no universal rating scale, despite the ubiquity of the term. How can one consider themselves as being successful by having 1 million dollars in the bank when there is someone else who has 2 million dollars? I guess it depends on how much money he feels he must have to be a success.

It is not much of an achievement for one to have 2 million dollars in the bank if he inherited 20 million. For some people, waking up in the morning and taking a shower is a genuine achievement. Going to the grocery store can be a monumental challenge. The quote conveys the idea that “achievement” is relative to how difficult the task is for a given individual. It may be that the achievement of surviving and living independently for one person is greater than that of another to become a millionaire.



Unit Updates

Business & Administration

B& A has been busy focusing on the details for the Beacon of Hope 5. Lots of last minute prep required many hands to make light work.

We revised our tour dialog script to describe the new room assignments for the different units along with additional facts regarding the history and functions of Shore House and the clubhouse model.

We have finally finished our new application process. This was done to make our intake procedure more efficient and less demanding to the potential member. Two new members have gone through the new procedure and it has worked out very well.

Wellness

As we are always looking for new and innovative ways to improve our health, we have decided on a new venture: Smoothies. Starting the day with a healthy meal sets you up for a day of good nutrition. There are always plenty of excuses as to why not eat a good breakfast, so we decided to counter that with a healthy start at Shore House. Beginning this month, we will be offering smoothies on a daily basis. Aside from the nutritional value, we will also be learning transferable skills. We will need to track what flavors are popular, how to price the drink while making a profit and what fruits are in season to name a few. We are excited to begin this new adventure.

Research & Development

Greater emphasis is being given to social media. We are currently tweeting on a regular basis and have 25 followers. We have been blogging on a weekly basis, check out what the members have to say on our website: www.shorehousenj.org/blogs.

The R&D unit will be working with the Wellness Unit as they begin the Smoothie venture to help keep track of the financial piece of it.

Shore Fit
by
Susan Mazzeo

JUNE is Men's Health Month!

Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Encourage a male loved one in your life to go get a check up.

Men's Health Facts

Causes & Rates	Men	Women
Heart Disease	228.6	143.0
Cancer	211.6	146.8
Injuries	51.1	24.6
Stroke	39.7	37.8
Suicide	19.2	4.9
HIV/AIDS	4.4	1.7

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men.

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women.

Depression in men is often undiagnosed due to the fact that men are 4 times as likely to commit suicide. Among 15- to 19-year-olds, boys were 4 times as likely as girls to commit suicide. Among 20- to 24-year-olds, males were 6 times as likely to commit suicide as females. The suicide rate for persons age 65 and above: men 28.5%, women 3.9%.

The chance of being a homicide victim places African-American men at unusually high risk. Chance of being a Homicide Victim are 1 in 30 for black males, 1 in 179 for white males, 1 in 132 for black females and 1 in 495 for white females.

Did You Know – Kerri Zeblisky

Summer Sun Facts

As you know that with the coming of summer that you should try to stay out of the sun as much as possible with certain medication such as psychological medication. If you are outdoors wear sunscreen SPF 50 or above, drink plenty of water, and stay in the shade. If you feel overheated move indoors into air conditioning. Play it safe.



Here are some interesting facts on the Sun:

- **The Sun's age is 4.6 Billion years.**
- **The Sun is a Yellow Dwarf Star.**
- **Surface Temperature is between 5,500-5,700 ° c (9,000-10,300°f).**
- **1 million Earths can fit into the Sun.**
- **The Sun is almost a perfect sphere.**
- **It takes 8 minutes for light to reach the Earth from the Sun.**
- **The atmosphere of the Sun is composed of three layers: the photosphere, the chromosphere, and the corona.**

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!*



June, 2016



SUN	MON	TUE	WED	THU	FRI	SAT
	CLOSED	Men's Health Month & LGBT Pride Month	1 Grocery shopping 10:00am Policy Meeting 1:30pm	2	3 Cook @ St. James 10-12 Newsletter meeting 1:30pm	4
5	CLOSED Francheska & Alyse Harris birthday	7 Menu planning 1:30pm	8 Grocery shopping 10:00am Community Meeting 1:30pm	9 Cook @ St. James 10-12	10 Cook @ St. James 10-12 Newsletter meeting 1:30pm Robert Scott birthday	11
12	CLOSED	14 Menu planning 1:30pm Covenant House Presentation 1:00 Flag Day	15 Grocery shopping 10:00am Membership Meeting 1:30pm	16 Cook @ St. James 10-12 Taylor Lee birthday	17 Birthday Celebration! Cook @ St. James 10-12 Open Studio 1:30-3:00pm	18
19 Father's Day	CLOSED Summer begins	21 Menu planning 1:30pm Gazette Deadline	22 Grocery shopping 10:00am Accreditation Meeting 1:30pm	23 Cook @ St. James 10-12 Creative Writing 1:00 Anthony Torchia birthday	24 Cook @ St. James 10-12 Lit. Mag. meeting 1:30pm	25
26 Tom Hollywood birthday	CLOSED Kevin Gallini birthday	28 Menu planning 1:30pm	29 Grocery shopping 10:00am Accreditation Meeting 1:30pm	30 Cook @ St. James 10-12 Kimberlee Jennings birthday	31	