

# Alliance House Newsletter

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## WELCOME HOME... FOUNTAIN HOUSE COLLEAGUES!

by Karen Williams

Tonight, at the airport, we will greet Laura Litnak (member), Leslie Larsen (staff member), and Jeanne Pyke (board member) on their return from three weeks of training in the clubhouse model at Fountain House in New York. A welcoming committee of A.H. members will bedazzle the returnees with an 8 foot A.H. banner and sporting our new A.H. sweatshirts. It's really "energizing" for a clubhouse whenever its members are involved in Fountain House training. We expect Laura and Leslie and Jeanne to have much to share with us which will vitalize our growing clubhouse. They have called on the phone a few times and they sound "inspired" and driven to present their new ideas to our membership. Three weeks is a long time and we have really missed them. Our membership has been keeping track by mail and by phone and we're very proud of the contribution they are making in our behalf. Please watch for the "Fountain House Story" to unfold in upcoming issues of the newsletter.

## CAFE UNIT

By Margaret Bonilla

Hi again...This is your roaming reporter, Margaret, reporting live from the Cafe Unit at Alliance House. The news is that we're really humming. The cooks are really doing well. Everyone say's they're getting along with each other. The staff and members work on getting lunch out on time. Margret M., Debbie J., Laurie L., Peggy J., Karen W., Karen P., Gene T. and Dave R. They are all good people. I wish them all the best. I'm sorry, but I have to get to work or I'll be in deep grease.

## COMMUNICATIONS UNIT

By Shirlene Olsen

It is Monday...this is a typical day to report on. Communications Unit is doing great. The snow did not keep anyone away! Norie

Smith is on the job today and is happy to be here. She enjoys the constant ringing of the phone. When she is not on phones another responsible person mans the switch board. D.J. and Shirlene are making meatloaf for the T.E.P. Dinner this afternoon. Val and Dixy are working at the computers. Karen Williams is overseeing all projects until Margaret Currin returns. Debbie is reading newsletters. Debbie Mayhew is also doing typing and attendance calendars. Jay is busy doing restrooms plus 1st shift dishes. Ray will do mopping later today. Everyone tries to do their share of the work to make this a harmonious, happy clubhouse.

## TEP UPDATE

by Margaret Bonilla  
and Margret McEwan

Jay Eddy is now back working at Valley Store Front in a janitorial position. He replaced John Martinez who is working at Solitude full time. Congratulations Jay and John! We really appreciate all the hard work you've done to keep the Store Front sparkling clean and shinny. George Hardison has agreed to back up Jay at the Store Front. Welcome to the TEP team.

Margaret Bonilla has begun her fifth week at McDonalds. Way to go! Keep up those McNuggets, fillets and turnovers.

Syd Starley and Debra McBride are on their 23 week at Valley Mental Health Research Department as research techs. We are hearing excellent comments about their steady, outstanding work.

We also submitted our earnings for all the TEP placements from October 22, 1987 thru September 30, 1988. The total earning for all placements is \$7,071.99. We are all proud of this figure and we hope to see it double and triple and grow.

### The West Wind

by Margaret Bonilla

I am a distant cousin  
to the west wind,  
my attitude changes with each gust.

My memory sways back and forth  
from negative to positive,

somedays I just dangle  
in the breeze.

I am a cousin to  
the west wind.

As the wind rushes through my mind,  
the thoughts get scattered  
and strewn from one

passage to the other.

Then I swing as the wind  
gets harder...

it's like being in a tornado.

I am a cousin to  
the west wind,

because I swing from one  
mood to another.

Which at times has left  
paths of destruction,  
which can never be mended.

I am a cousin

to the west wind

I get twisted and bent,

I sway, I get battered,

it's like being in a monsoon  
everything falls apart.

Then all hope is lost

and tears come like  
a non stop rain storm.

### Comments

by Debbie Mayhew

My long hair just drives me crazy  
sometimes. On day I was especially  
frustrated. Any way I tried fixing it did  
not satisfy me so I said to my husband,  
Roy, "I should shave my head and buy a  
wig. This should solve my problem."

My loving husband said, "Debbie, I don't  
know if I could stand it if you were fat  
AND bald!"

### Spotlight

by D.J.

Hello there...I would like you to meet my  
good friend, Linda Hughes. She is an  
employee of S.L.V.M.H. and is being trained  
here at Alliance House so that she can  
possibly start a clubhouse in Midvale,  
Utah soon.

I met Linda at I.T.U. in 1986 as I was there  
in treatment for my mental illness and  
booze problems. Linda is a dear friend  
and has been a great support. So, get to  
know her.

Linda was raised in Sandy, Utah. She  
went to high school at Jordan High School.  
Some of her hobbies are drawing,  
shopping, cooking, and good friends; but  
her biggest interests are her kids, home,  
boyfriend, and pet, Bessi. Bessi was given  
to her by the members of I.T.U.

She says that she is excited about helping  
to expand the Alliance House concept to  
the south end of the valley. She also  
hopes that lots of people will join in and  
help make it happen. It is unfortunate  
that Linda will only be with us for just a  
short time.

Welcome to you...and lots of good luck,  
Linda!!

### Spotlight

by Peggy Jackson

Roy Hawkins has been bringing free bread  
to us for a couple of months now. He is  
independent. He picks up bread from  
Smiths Bakery and gives it to the people  
who need it and he starts out at 6:00 in  
the morning. He travels an average of 40  
miles a day. He takes bread to Co-op,  
Alliance House, Central City, Seniro  
Citizens, Catholic Parish on Goshen St.,  
Ethnic High Rise, 7th Day Adventists  
Church, and Ebenezer Church. He does all  
of this voluntarily.

Prime Time Access did an interview with  
him and called him the "Bread Angel"  
Last Thanksgiving a newspaper article was  
done on him about his bread deliveries.

Thanks for caring, Roy Hawkins!

### ANNOUNCEMENT

ALLIANCE HOUSE

THANKSGIVING DINNER

(Open at 2 pm...dinner served at 4 pm)

Free Thanksgiving Dinner will be served  
at Alliance House for Mental Health  
Consumers who would otherwise be alone  
that day (not for families). Call 486-5012  
for reservations by 5pm Mon. the 21st.

## MEMBER COMMENTS

by Kathy Rice

I lost my job. What now? Welfare then Social Security, that would be my income. What about the way I feel about myself? Working was always more to me than just an income. It made me feel proud. Is it over? I have realized that there are some things I can't do because of my illness and that is difficult for me to accept. But then, I know inside that there is a lot I can do. I think it is time for me to get up and do them and feel proud again.

Midvale is starting a work training program. Do I dare to risk involving myself? I think I can help develop it, throw in some ideas of what might work for people and feel like I am accomplishing something.

Some ideas we already have for work training are a floral shop, teaching people floral arranging, plant care, and possibly delivery work. Another idea is a convenience store, selling pop, candy and other junk food; teaching people cashiering, purchasing, inventory, etc. Do you have any ideas? We need you.

If you want to get involved contact Linda Hughes or Karen Dearing at the Intensive Treatment Unit (566-2455). We will open after the 1st of the year, 1989.

## DON'T GIVE UP

By Roy Mayhew

Let me start out by saying that the medication I take daily is a lifesaver. It helps me stay on an even keel, mentally. Many of the homeless mentally ill could live normal lives if they could be persuaded to take their medication. The cost of the meds is no excuse. Social Security, medicaid and other programs are available for the poor. Having said this, let me say what's really on my mind.

Because different clients have different disorders they are prescribed different medications. Some people when they react to the powerful drugs they are given, can't help but sleep. If they had their way they would sleep perpetually. They

need to have an active day to balance this out.

Other clients are given drugs that may not make them sleep and they seem to be buzzing around the place like over active bees. (It must be noted that those who don't take their meds may fall into this category also.)

Because of these differing effects from our medications and the differing personalities we have to be careful that we don't put labels on them or judge them prematurely. When they get better and recover from their illness to whatever degree possible, then we will be happy that we didn't give up on them.

## THE NEW ME

by Margaret Bonilla

Since I have been at Alliance House, I have accomplished many things. I have worked in the cafe unit for over a year and half, I have made a lot, and I have felt a lot of anger and pain. I have been frustrated, I have cried, screamed and yelled I have been eighty-sixed.

On the positive side, I have been on time and have helped whenever possible. My hygiene is better than ever. My attitude is more positive.

In August I graduated basic Clownology. I was so proud of myself.

I have never been one to pat myself on the back. I feel I owe me a pat on the back, God knows I deserve it. I don't like kicking myself around. I bruise easily.

All I have accomplished is because I did the footwork. I had a lot of help. I didn't do it alone, thank God for people who love me. I can now love them too. I won't give up on me; I love me also.



