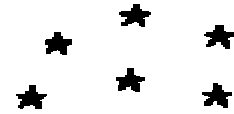




# The Starry Night Gazette

Vincent House 4801 78<sup>th</sup> Avenue, Pinellas Park, FL 33781



Volume 4, Edition 3  
April 2006

## Annual Fundraiser and Giant Yard Sale

**Make time, take time...** to attend our annual fundraiser and giant yard sale held on Vincent House grounds Saturday and Sunday, April 8 and April 9, 2006 starting at 7am. Snack on Hot Dogs and Cold Beverages while you shop. Great sale opportunities...from Funky Stuff to the "stuff of life." Appliances, Artwork and Frames, Jewelry, Living room & Bedroom furniture, Baby & Children's Items, Gently worn & Vintage Clothing, Tools, Working Electronics and even a Sailboat (O.K. it's a Windsurfer) will be for sale! **Come see, come shop and support Vincent House**, a vocational and social recovery program for adults living with a mental illness, based on the International Center for Clubhouse Development model (ICCD). Vincent House is a Community Program of Van Gogh's Palette, Inc. © (3) Non-Profit. All proceeds from this fundraiser will be used by members to attend conferences and seminars, a vital aspect of the functioning of an ICCD model clubhouse.

Come find the Hidden Treasures you need and help us reach our goal!

In 2004 over \$1,000.00 was raised. Five members and one staff attended the Eastern Regional Conference in Framingham, Massachusetts.

In 2005 we raised over \$3,000.00. Two members and one staff attended the ICCD Seminar in Helsinki, Finland.

Our 2006 Goal is

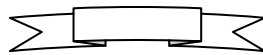
to raise \$5,000.00 for members

to attend the Fourteenth International Clubhouse Seminar in Milwaukee, Wisconsin.

Join us and help make this a success

*Donate, Participate*

*And just plain have fun!*



### STANDARD OF THE MONTH #11

***Responsibility for the operation of the clubhouse lies with the members and staff and ultimately with the clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of clubhouse operation.***

At Vincent House members and staff are truly responsible for the entire operation of the clubhouse. Members and staff are equally comfortable with engaging each other and often, members are extremely effective in engaging fellow members.

***A Clubhouse Guarantees...***

***A right to a place to come***

***A right to meaningful work***

***A right to meaningful relationships***

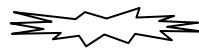
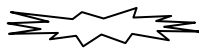
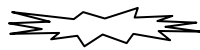
***A right to a place to return***

## PANIC DISORDER DIDN'T STOP ME

For the last twelve years, I have been dealing with panic disorder. It all started when I had my first panic attack at the age of fifteen. Since then things have been real tough. I had to quit school because it was too much for me. I have been on a lot of medications, and have seen a lot of doctors. The past four years have been the hardest. For awhile there I couldn't even leave my house. I started coming to Vincent House last March 2005 and it has helped me a great deal.

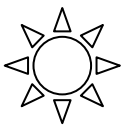
It's given me a place to go where there are people like me. I have reached goals set by Vincent House and me. Now I am doing much better and I just got my GED. Sometimes I thought I would never get it. This May I will be attending nursing school. I would really like to help people like us that suffer from mental illness. I hope and pray that I will do well, and also ask for your prayers. I'd like to thank all Vincent House staff and members for playing a role in my recovery.

- Michael Serkes

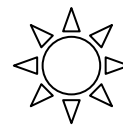


### SPEAKING UP by Anna McDonald

Hello again, it's me, Anna. After a few months of silence, I am ready to write, speak up and listen. In the past few months we have lost two of our shining stars, Athena Nichols and Mark Haisley. In my opinion, both of these people contributed something special to Vincent House. Athena, in her own way, taught others to have confidence in themselves and to take a chance by trusting in others. No matter what was going on in her life she always displayed self-confidence and a bright bright smile. In my eyes she was a true friend and someone I could talk to if I needed a shoulder to lean on. Mark was a true visionary who carved his own way in life and always questioned everything that happened to him and those that were close to him. He was never afraid to voice his opinion if he disagreed with something that was done or said in house or unit meetings. He was also a very unique artist who could make something beautiful out of something old and ravaged. A few days ago, Elliott asked me if I would speak at Saint Leo University on Tuesday night. I was hesitant at first, then I thought about it and said yes I would like to speak for the first time in public for Vincent House. As I spoke, my lip was trembling and I started to cry because I finally felt the true emotion Elliott feels when he speaks about the ups and downs of clubhouse life. When I was finished, I felt relieved and just a little proud of myself. Thanks for reading, I'll write again soon.



### **...Always ...by Peggy Parker**



**Remember who you are... remember your potentials are far greater than you think they are. Be humble and you will find what's true for you. Humility is the ability to take stock of ourselves and our abilities without undue emotional involvement.**

**There is however a big difference between humility and lack of confidence. Humility is quiet confidence. It is an inner sense that we can be who we need to be, understand what we need to understand, and do what we need to do. It is acknowledging our right to be ourselves.**

**Remember...we are as free as we decide we are...Illness of the mind or body limits us to the degree we believe we are the illness or that we have an illness. Illnesses are just boundaries.**

**We all have boundaries that appear to limit us. Boundaries are reminders that we are not indestructible. They give us cause to reflect on what we've done despite our frailties. They give us a sense of accomplishment...something to remember...always.**

# REAL WORLD of WORK by Harry Boucher, M.B.A.

We are not going to get along every day with co-workers; that is a given. Problems arise when you are having a conflict with another individual which persists. The first step in resolution is to have a CALM non-confrontational discussion with that person. Should this not solve the problem, you need to seek out another co-worker to mediate between you and the other co-worker. If this fails also, you should bring the problem to your supervisor who has the ultimate responsibility for problem resolution. The supervisor's decision may not be ideal for you but it should provide a healthier workplace.



## To Whom It May Concern:

I threw myself into the almost-non-existence one more time.

The Fugitive within,  
walking onto thin string,  
wanted:

the Fear of not succeeding;  
the Anxiety of claustrophobic darkness;  
the Colorlessness of broken wings.

In the search for Light,  
my Veins made promise to the Soul:  
It'll never happen again.

A faithful voice  
directed my, weakened but heavy, feet  
over a step door.  
And, with just one gentle touch,  
I was drawn into Love and Grace.

I am strong again.  
I am just a leaf on a big tree.  
But, -  
strong enough to stand against the wind;  
fearless of any storm.

I am not anymore stranger in my own life.

(Dedicated to *Vincent House* -  
a place that's a lot more than just a clubhouse.)

sonja sasic  
VINCENT HOUSE STAFF

*Sonja has been nominated for membership in the International Society of Poets and the Editor's Choice Award for outstanding achievement in poetry presented by the International Library of Poetry and Poetry.com.*



## A NEW GROUP TEP!

March 20, staff Jonathan Godwin & Victor Taylor with members Steve Boyter, Craig Haydon, Michael Ralston and Joe Brinegar began the 1<sup>st</sup> Group TEP at 688 Skatepark, Clearwater. They vacuum, sweep, mop bathrooms, ramps and the snack shop every Monday for four hours. Dianne Steele, Victor Taylor and Jonathan Godwin had "work tested" the job the week before.

## CURRENT TEP's

**Larry Haines** - 1<sup>st</sup> TEP at Suncoast Center medical filing  
**Clyde Kobayashi** - 3<sup>rd</sup> TEP at Galleria/Castle Supply Co.  
**Carol Jackson** - 2<sup>nd</sup> TEP at Suncoast Center.  
**Zara Moore** - 1<sup>st</sup> TEP at Senior Services.  
**Angela Parker** - 2<sup>nd</sup> TEP at Senior Services.  
**Lisa Sanders** - 3<sup>rd</sup> TEP at Liberty Lanes.  
**Gina Sansone** - 1<sup>st</sup> TEP at Suncoast Medical Records.  
**Allyn Spidella** - 1<sup>st</sup> TEP at Liberty Lanes.  
**Athena Steele** - 1<sup>st</sup> TEP at Liberty Lanes.  
**Ed Wohlford** - 2<sup>nd</sup> TEP for Gemelli Catering  
**Mike Taddeo** - 1<sup>st</sup> TEP at Gemelli Catering

## MEMBERS in SUPPORTED, INDEPENDENT & CASUAL EMPLOYMENT

Stephanie Bain, Alice Bongiorno, Nancy Brown,  
Nicholas Cercone, Elizabeth Cook,  
Tess Daniels, Christine Dotson, Dan Fithian,  
Eddie Gares, Erin Gleason, Kim Harrell, Jack Gordon,  
Craig Haydon, Kim Kobayashi, Bonnie Lawniczak,  
John Markle, Zara Moore, Rand Pierce, Bob Pitts,  
Warren Prince, David Reed, Shannon Riley,  
Beth Schweikert, Justin Shea and George Torrence.



## CONTINUING EDUCATION AT VINCENT HOUSE

**Michael Parker** – has been attending art school..  
**Michael Serkes** – earned his GED and begins nursing school in May.


## There Is No Gap Here

It was the most fun I've had in a long time joining the clubhouse here at Vincent House a year ago. Everyone seems to share the same goals in making Vincent House the best it can be. Each person plays an integral part in the running of the clubhouse and new members are always anxious to get involved. I would like to thank Elliott and Dianne Steele for bringing quality back into our lives, and I look forward to many

rewarding years ahead of making new friends and helping to be

a positive and important part of our community. ----Jane Terrin

# Giant Yard Sale Fundraiser April 8 & 9, 2006

| Sunday                      | Monday                             | Tuesday                           | Wednesday  | Thursday                       | Friday                                | Saturday                    |
|-----------------------------|------------------------------------|-----------------------------------|--|--------------------------------|---------------------------------------|-----------------------------|
|                             |                                    |                                   | TEP DINNER<br>4:00 PM<br> | Roast Chicken<br>& Mushrooms   |                                       | 1                           |
| 2                           | 3<br>Bean Burrito<br>w/Nachos      | 4<br>Bratwurst &<br>Grilled Onion | 5<br>Egg Salad<br>Sandwich   | 6<br>Lasagna                   | 7<br>Baked Fish                       | 8<br><b>Giant Yard Sale</b> |
| 9<br><b>Giant Yard Sale</b> | 10<br>Macaroni and<br>Cheese w/Ham | 11<br>Pizza w/Chips               | 12<br>Chicken BLT<br>Wraps   | 13<br>Spanakopita              | 14<br>Chef's<br>Surprise              | 15                          |
| 16                          | 17<br>Beef Teriyaki                | 18<br>Gyros                       | 19<br>Eggplant<br>Parmesan   | 20<br>Liver & Onions           | 21<br>Chicken Caesar<br>Salad         | 22                          |
| 23                          | 24<br>Taco Salad                   | 25<br>Crab Cakes                  | 26<br>Rand's Pasta   | 27<br>Alex's Shepherd's<br>Pie | 28<br>Pork Country Ribs<br>& Potatoes | 29                          |
| 30                          |                                    |                                   |  |                                |                                       |                             |

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|