

GOC GAZETTE

THE NEWSPAPER FOR THE
GANINESVILLE OPPORTUNITY CENTER

Gainesville Opportunity Center, Inc.



A World of Growing Opportunities
www.GoClubhouse.org

This edition of our newsletter is dedicated to our members, without whom, we would not be here! Thank you all for your hard work and dedication to the Gainesville Opportunity Center. YOU have made a difference in so many peoples lives.



The holidays are here and that means there are joyous times to be had. That brings up wonderful memories for me but the looming of harder times as well. I've found this time of year to be very stressful in the past and I'm working this year to prevent the downward spiral that normally I've found to be inevitable. I realize now that perhaps it is possible to prevent my yearly reservation for a week or two at the local *CSU (my holiday from my holiday). I look back now and

realize that the holidays have been a great way to gauge how I'm doing or how I've done in the past and a tool to use to prepare for the upcoming year. I know now that the clubhouse is an essential piece in my key to stability. It helps to know that I can trust in my family both there and at home with yet that third perspective for when I can't see what's going on with me. I know and trust in the fact that I can rely on them for picking up on my stressors and helping to become aware of them as well. Right now I'm choosing to surround myself with people who care about me whether it's my family or my other family the clubhouse or even everyone at META (Metamorphosis the drug treatment center I've been attending for the past 6 months). Over this past year I've realized how important it is to take care of myself especially when I know that there are rocky roads ahead but I feel safe in the knowledge that I've people who care about me and an empowering amount of support. I can remain somewhat sane if I push myself to utilize the essential tools that area available to me. I've found it necessary to remain plugged in to the clubhouse. That's what works for me .

-Alexis

**CSU stands for "Crisis Stabilization Unit" which is a short term intensive residential support for people with mental illness to help them stabilize their mental health*

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The Gainesville Opportunity Center's Board of Directors
Bruce Stevens - President
Edward "Andy" Bernard - Vice President
Patricia Sokol -Treasurer
Barry Wagner -Secretary
Markus Dietrich
Sandy Callan



OUR CALENDAR

DECEMBER

16th HOLIDAY PARTY 5:30 PM –8 PM

24th Christmas Eve CLUB CLOSED

25th Christmas Holiday

31st New Years Eve CLUB CLOSED


BIRTHDAYS

DECEMBER BIRTHDAYS

SHERMAN C.

JANUARY BIRTHDAYS

TOMMY A., MARICIA F., and DAVID J.



MEMBERS WORKING AND EARNING!

Congratulations to all the members that worked last year. From July 1st, 2009 to June 30th, 2010 **YOU** earned \$68,914. Great job and lets earn more next year!

CLUBHOUSE EMPLOYMENT, EDUCATION AND VOLUNTEERISM - OUR MEMBERS AT WORK

Education		
Location	Degree	Member
Santa Fe College	Gen. Studies	Mike Leyman

Volunteer Work				
Place of Work	Position	Schedule	Hours	Member
Gainesville Pet Rescue	Dog Walker	Saturday	4	David Stevens

Supported and Independent Employment		
Member	Position/Employer	Hrs/Week
Andy Bernard	Dishwasher/Meridian	16
Dave Byrd	Peer Specialist/Meridian	20
Sara Olney	Peer Specialist/Meridian	16
Regis Gates	Counselor/Dept. of Corrections	40
Jane Perez	Courtesy Clerk/Winn-Dixie	24
Dave Jefferies	Groundskeeper/Meridian	4
Joel Andreasen	Kitchen Asst./St. Francis High School	25
Lee B.	Self Employed/Entrepreneur	10

Employment quote of the month:

“What we really want to do is what we are really meant to do. When we do what we are meant to do, money comes to us, doors open for us, we feel useful, and the work we do feels like play to us.”

- Julia Cameron

*Work Works!!
What does this mean?
Read our next edition...*

- *Need a job?*
- *Don't know what you should do?*
- *Submitted applications but haven't gotten a job?*
- *We can help!*

Stop by Monday through Friday to see Pam or call her at 224-5523

When further funding becomes available we will be able to increase our staff to cover our work-ordered day program, which will support a strong Transitional Employment (TE) Program!

God Only Knows What We'd Do Without Tommy



Tommy Albritton has been a member of the GOC for almost three years. He spends most of his time here working in the kitchen. Tommy makes some delicious meals! The whole build-

ing can smell his delicious meals.

He is always nice, and I love it when he smiles. He is a very spiritual person who

would (and did) take his shirt off his back for anyone. Tommy talks in a gentle voice. He is a gentleman. We love having him here. I like it when he's funny. He kind of keeps to himself a lot of the time. He is definitely a role model. He's the hardest worker here. He works and never lets up.

Tommy takes time to prepare a good meal. They are so good. Lunchtime is really nice because we can sit

at the table and converse while we eat. Some of his hobbies: plant flowers, mows lawns, plant trees, and grill meat. Tommy says the GOC is the "place to be." "It's a whole lot better than being homeless."

He says the Directors (Mike and Pam) are good people. If only we had more Tommy's in the World!

-Mike Leyman

Good News!

GOC was really blessed for the month of November with \$3,000.00 in donations. It is a good start but we need much, much more. There is so much GOC can do for this community and for the people who require the services we provide. The Gainesville Opportunity Center is very important for a family member who has a mental illness. Along with providing services for those with mental illnesses, members learn to live in the community. Eventually they go to work, or to school. Later they advance themselves into a career of their choice or learn a new trade. Staff and members work together as a team, as peers and as partners to help all members in recovery reach their full potential. Here at GOC members have every opportunity to succeed. If you feel you would be interested in our services or would like to make a donation go to our website at www.GoClubhouse.org

Sandy



Picture of Sandy with Mike Demers, G.O.C. Executive Director at last year's International conference for Clubhouses held in Tampa

On December 16th from 5:30 to 8:00 GOC will have a potluck Holiday Party. If last years will be any indication of this year's party, its going to be fantastic!

Call the clubhouse and tell us what you are bringing (if anything), and RSVP by December 13th to 224-5523.

Transportation home may be arranged if needed

Existing Member Interview: Sandy Callan



Sandy has been a member for four years. She found the clubhouse when she was first asked to be on the board when the clubhouse first started.

(learning to use computers, learning different programs, the data base, billing, and depositing checks-clerical work). She currently does not work. She has not been to other clubhouses.

When she is not at the club, she likes to paint, read, watch TV, and keep her grandkids. Her mother takes her

to the clubhouse, but she usually drives.

Coming to the clubhouse has helped her by keeping her from being inside, and keeps her active. She would recommend coming to the clubhouse to other people.

By David Stevens

Her favorite things to do is everything. Her favorite part is everything

Annual Appeal A Great Success (Over \$5,000)!

We would like to give a big thanks to the following people:

David Dick and Steve Bates, FE Alcantra, Alvin and Barbara Bluhm, Patricia and Richard Berne, William

Ernest Winter, MD., Jo Annalee Irving, Marina T. Cecchini, Patricia W. Warnock, Kathleen Mary Gallagher, Chris Swanson, Maggie Labarta, Darla and Russell Nekorchuk, Edward and Jean Bernard, Teresa

Mullen and NAMI of Gainesville.

Thank you!

By David Stevens



A Brief History of St. Nicholas



St. Nicholas, in Greece means “holy” and “victory of the people”. His name was also Nicholas of Myra. Because of his many miracles attributed to his intercession, he is also known as Nicholas the wonder worker. He had a reputation of secret gift giving. Like putting coins in the shoes of people who let their shoes out for him. Thus becoming the model of Santa Claus.



By Mike Leyman

To Move or Not to Move...that is the question



Well its official...after much searching, negotiations, and discussions...we have decided that GOC will stay in it's present location..that's right we aren't moving...for now.

Takonka Realty has provided us

with a month by month lease, at a reasonable cost. We will be here at least until the spring, and hopefully even longer. In the meantime we will still be working for a more permanent home.

So, for now, no changes so...we are **STILL** open 9-5 from Monday

through Friday, we will **STILL** be serving lunch, and most importantly...we will **STILL** be open to help people.

If you have any questions you can talk to Mike and Pam. You can call them at 224-5523.

By David Stevens