



Rebuilding lives
Removing stigma
Restoring dignity
Resource
for mental health recovery

Thanks to Our Members & Staff

Thank You!

The Gainesville Opportunity Center is a Clubhouse Model program whose focus is on work and Recovery. The concept

is that Members recover through working at the clubhouse. Many of our members and our staff are helping at the clubhouse four days a week, every week. This month, I would like to thank everyone for that. I would like to thank our members for the hard work and dedication that they put into the club. I would like to thank our staff for working so diligently for the members of the club. And I would like to thank the board of directors and the other supporters of our members for facilitating the club so that it can stay open and continue to help our members.

Before I came to the Gainesville Opportunity Center I was bored. I was spending my day laying on the couch at my grandma's house and I was getting in trouble for it. I would like to thank my grandma for inspiring me to get off the couch and visit the Gainesville Oppor-

tunity Center. The Gainesville Opportunity Center has provided me with passion for life that I have not experienced in a long time. Before the Gainesville Opportunity Center, I would spend my days trying to kill time. Now I embrace my time, and look forward to each and every day, knowing that I can now receive something fulfilling from life. I would also like to thank my mom, who tried to get me to the Gainesville Opportunity Center for years and took my grandmother driving me there to get me to participate.

When I first became a member, I was kicking myself for not coming into the club earlier, because a lot of the opportunities that are provided at the Gainesville Opportunity Center I needed a long time ago. I always needed a place where I could come and meet other people that I have something in common with, and the Gainesville Opportunity Center provides that for me right in the neighborhood I grew up in. I also needed to feel a sense of community, and the Gainesville Opportunity Center has become my second family. And for that, I am truly thankful.

Chris P.



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You're Invited to our 7th Annual Thanksgiving Dinner!

Where: Our clubhouse: 2772 NW 43rd Street, Suite B-1
Gainesville, FL 32606

When: Wednesday November 26th from 12:00 - 3pm

GOC will provide the Turkey, and paper goods...we ask each guest to bring a side item, drink or dessert!

Feel free to invite a guest and RSVP to the clubhouse at (352) 224-5523, with the total number of people coming and what you are bringing!

The Gainesville Opportunity Center's Board of Directors

Bruce Stevens - President
Andy Bernard - Vice President
Jennie Whitson -Treasurer
Trish Sokol -Secretary
Markus Dietrich
Jodi Irving
Warren McCluney
Ryan Jones

IMPORTANT DATES

11th Veteran's Day
27th Thanksgiving

★HAPPY★HAPPY★HAPPY★HAPPY★
BIRTHDAY! BIRTHDAY! BIRTHDAY! BIRTHDAY!

NOVEMBER 2014

November:

4th Michael T.
5th Alexis H.
5th Johnny M.
6th David D.
9th Robert P.

11th Kaye E.
12th Ryan J.
13th Alex S.
15th Holly H.
25th Henry Z.
28th Carlos C.



Our Members at Work: Clubhouse Employment, Education, and Volunteer Work

Education

Member	Location	Degree
Jane B	At Home Professionals	Med. Transcription
Ryan J.	New Horizons	I.T. Administrator
Carlos C	Santa Fe College	GED
Alex S.	Argosy University	Psychology

Employment Quote of the Month

I think everyone should experience defeat at least once during their career. You learn a lot from it.

-Lou Holtz

Volunteer Work

Member	Position/Work Site	Hours/Week
David S.	Dog Walker/Gainesville Pet Rescue	2
Greg W.	Horse Care/Mill Creek Horse Farm	8

Supported and Independent Employment

Member	Position/Employer	Hours/Week
Andy B.	Kitchen Asst./St. Francis H.S.	25
Sandy C	Peer Specialist/Meridian	9
Regis G.	Clinical Supervisor/Discount Counseling Group	3
Regis G.	Group Leader/Clinical Director	40
Frances S.	Peer Specialist/Meridian	16
Tommy A.	Stocker/Catholic Charities	4
David J	Groundskeeper/Meridian	4
Joel A.	Customer Service/Gainesville Flooring	40
Jade W.	Customer Service/Full Cup	20
Alexis H.	Peer Specialist/Shand's Vista at UF	8
Ashley R.	Peer Specialist/FACT Team	40
Gregg W.	Courtesy Clerk/Walmart	30

CONGRATULATIONS TO:

All our working Members! You guys earned over \$100,000 last year! Great Job!

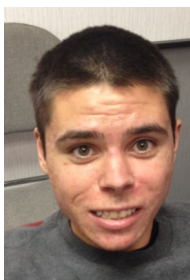
- *Need a job?*
- *Don't know what you should do?*
- *Submitted applications but haven't gotten a job?*
- *We can help!*

Stop by Monday, Wednesday, Thursday or Friday to see Brett or call us at 224-5523

November 2014 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 <i>Club Closed</i>	5	6	7	8
9	10	11 <i>Club Closed Veteran's Day</i>	12	13	14	15
16	17	18 <i>Club Closed</i>	19	20	21	22
23	24	25 <i>Club Closed</i>	26 <i>Annual Thanksgiving Luncheon 12:30-3</i>	27 <i>Thanksgiving Day Club Closed</i>	28 CLUB CLOSED	29
30						

New Member Interview: Getting to Know Chris P.



Chris' Grandma knows Mike D. from church. Mike D. told Chris' Grandma where GOC was located, and Chris met Pam from there. What motivated Chris to join is that he need something to do during the day. Chris was watching TV before coming to the clubhouse. Chris has never been to another clubhouse before.

Chris is from Gainesville originally, and has been here in Gainesville for 22 years. His parents got jobs here in Gainesville when he was a little kid—that is what prompted him to move to Gainesville.

When Chris was about 17, he started seeing a psychiatrist for depression. He's seen many doctors since then, and they have diagnosed him with a lot of different things. Chris was diagnosed with bipolar disorder. Chris is now on SSRI, and is trying to learn how to live on it. What motivates Chris is coming to the clubhouse because he feels like he has something in common with

everyone here. Coming to GOC helps him a lot because it gives him passion for life. Chris has learned to be humble and accept people for the way they are.

Chris thinks the clubhouse can help him because it gives him something to do, keeps him busy, and makes him responsible. Chris has worked in an office for a year and a half—in a DRC office—at Santa Fe College. A strength that Chris has is that he is nice.

Chris's goals for the future includes that he wants to get involved in the mental illness community here in Gainesville as much as possible. Chris likes to volunteer and watch TV for fun, and sleeps to relax. What is the most important thing to know about Chris? It's that he is trying to be a nice guy and make as many friends as possible.

-By David S.

10 Fun Facts About Thanksgiving

1. **A tradition is born:** TV dinners have Thanksgiving to thank. In 1953, someone at Swanson misjudged the number of frozen turkeys it would sell that Thanksgiving -- by 26 TONS! Some industrious soul came up with a brilliant plan: Why not slice up the meat and repackage with some trimmings on the side? Thus, the first TV dinner was born!

2. **Going shopping?:** Not if you're a plumber. Black Friday is the busiest day of the year for them, according to Roto-Rooter, the nation's largest plumbing service. After all, someone has to clean up after household guests who "overwhelm the system."

3. **This land is my land:** There are four places in the U.S. named Turkey. Louisiana's Turkey Creek is the most populous, with a whopping 440 residents. There's also Turkey, Texas; Turkey, North Carolina; and Turkey Creek, Arizona. Oh, let's not forget the two townships in Pennsylvania: the creatively named Upper Turkeyfoot and Lower Turkeyfoot!

4. **Leaving a legacy:** When Abe Lincoln declared Thanksgiving a national holiday, it was thanks to the tireless efforts of a magazine editor named Sarah Josepha Hale. Her other claim to fame? She also wrote the nursery rhyme, "Mary had a Little Lamb."

5. **Gobble, gobble?:** Not so fast. Only male turkeys, called toms, gobble. Females, called hens, cackle.

6. **Have it your way:** If Ben Franklin did, the turkey would be our national bird. An eagle, he wrote in a letter to his daughter, had "bad moral character." A turkey, on the other hand, was a "much more respectable bird."

7. **Born in the U.S.A.:** Thanksgiving is not just an American holiday. Canadians celebrate it too. Except they do it the second Monday in October.

8. **Break out the menurkeys:** The first day of Hanukkah and Thanksgiving come together in Thanksgiving 2013 for the first time since 1888. Scientists say the confluence won't occur again for another 70,000 years, give or take a millennium.

9. **Doomed from birth:** Those poor turkeys; they don't stand a chance. Just look at the name we gave them. A turkey less than 12-weeks-old is called a fryer-roaster.

10. **Talking turkey:** Why is it called a turkey? Oh boy, this will take some explainin'. Back in the day, the Europeans took a liking to the guinea fowls imported to the continent. Since the birds were imported by Turkish merchants, the English called them turkeys. Later, when the Spaniards came to America, they found a bird that tasted like those guinea fowls. When they were sent to Europe, the English called these birds "turkeys" as well.

These facts were taken from
www.cnn.com/2013/11/28/living/thanksgiving-fun-facts

About April



I've been coming to GOC for about 4 months now. I found the club when another member Troy met my mom and me at Thornebrook Plaza and started talking to me.

He told me about it and we came by the same day.

GOC is a great place. It is for special people like me. I like going to the GOC. It's fun. I've met a lot of new friends there. I

even met my boyfriend there. His name is Blake.

I really enjoy hanging out with my friends. Coming to the club has really helped me get out of the house and make new friends. I have other interests too. I really love country music—Luke Bryan, Jason Aldean, Florida Georgia Line, Blake Shelton, Miranda Lambert, and more. I also love pets. I have 4 pets: a lizard, 2 birds, and a fish. They are all spoiled.

My doctor never told me about GOC, even though she knew about it, and didn't think to tell me. I was really angry, and told her. If Troy hadn't found us or hadn't said anything I'd still be home doing nothing much other than playing with my animals, or going out with my mom.

GOC has helped me get my life back!
Thanks Troy!

-By April H.



Welcome To Our Newest Members!

Wilson V. & Chris P.





Some Songs Take You Places

As I listened to Breaking Benjamin's "The Acoustics", their full album, I could not stop turning up the volume to save my life. It is a full journey of emotion from start to finish with music that will take you places and discover

emotions that have been inside you, building never-extinguished fires that are your love, hate, fears, dreams, peace and chaos, the places you will be, places of all these characteristics.

Appropriate for all ages and all songs presenting a positive morality, these songs are sure to be stuck in my head till sometime after these depressed, cold, calming and yet beautiful lullabies have put you to sleep!

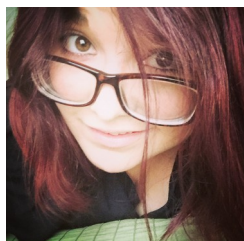
If there was one sentence I had to pick

to describe this album that would be it. Anyone can find something beautiful about this musical journey and if played when falling asleep you'll feel your anxieties lifted off your shoulders and drift to a place dark and let down your walls, down feeling at peace to do so and you'll watch your emotions flow like the water in a flood, out of you in ways of energy, thoughts, rhythm, dance and tears.

So where does your music take you?

Blake O

My life as a Peer Specialist



Going into the job, I was terrified. Would people like me? Would clients like me? Would I do well? Would I tank?

That's the glory of my mental illness... I'm my own worst enemy. The first week was rocky. You have to learn about all the rules, regulations and guidelines. You learn how to do what you're told, wing it when needed and drown in paperwork all at once; it's crazy stressful and crazy hectic but, it's also an amazing experience.

As a Peer Specialist, you get to see behind the scenes of the recovery process. You get to see how hard people work to help you get better even though it may not seem like it as the client sometimes. You get to make a difference in someone's life on a daily basis and go out of your way

to be the case manager you wanted when you were trying to get better. If anything, it has made me a more stable person. Because, not only do I have to stay strong for myself, I have to stay strong for my clients. I have to make sure I'm okay so that I can make sure they're okay... And it's nice to feel needed somewhere.

I've struggled with identity problems my entire life. Who am I? Why am I here? What am I doing with my life? How can such a small person make a difference in a world so big? This job has taught me that I don't have to change the world; I can achieve just as much satisfaction changing the life of someone else as I would with changing the world. I may not be the next president or Mother Teresa but I can be the best me that I can be and still make a difference. And I've come to realize that changing a person's life isn't a small difference, it's an

accomplishment that most clients have never had someone accomplish in their life.

This job has changed me. It has shaped an entirely different person that I didn't even know I had inside of me. I have confidence for the first time in 21 years. I wake up and actually want to go to my job. Yes, some days are hard, but what job doesn't have that problem? I don't know what better job I could find for myself than this one. I get to be the difference in someone's life, I get to make sure that even though the world let them down, and I won't. It's an experience I really can't sum up into any specific words yet, but when I figure them out I'll let you know.

-by Ashley R.



“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough” ~ Oprah Winfrey

Bearded Dragons



Hi I'm April and I love animals. My entire family loves them too, so much so that we have several pets including dogs, cats, fish, a pony, and birds. Having pets helps me a lot, I feel better knowing that I'm taking care of

something that needs me. One of the pets that I have is a Bearded Dragon, named Blaze.

There are many different types of Bearded Dragons, and Blaze is a yellow bearded dragon. She is about 4 years old. Bearded Dragons get their name from the "Beard" of spikes that wraps around their faces and resemble a beard. She is a reptile, which means she is Cold-Blooded, like an alligator, and needs sunshine to heat herself up and shade to cool down.

Bearded dragons are naturally found only in the Australian desert, but are widely bred and even found in area zoos. Their size varies according to the species and sex but they can range from 4 to 24 inches. The Bearded Dragon diet consists of insects, worms and even vegetables. Baby Bearded Dragons eat mostly insects because they are growing and need the protein.

Bearded Dragons life expectancy varies according to whether they are wild or kept in captivity. Wild Bearded Dragons, live on

average 5 to 8 years, while a Bearded Dragon that is kept in captivity and fed well and taken care of could live 8 to 12 years but some have lived as much as 14!

I've had Blaze for about a year. I bought her from a Pet Store. You can get Bearded Dragons from breeders as well. A few months after I bought her she got sick and was in pretty bad shape. Our vet thought she was going to die soon. but with time and energy she survived....almost a year later she is still here.

Blaze is very spoiled. She stays in my room but I do let her out of her cage sometimes. She even runs around the house, our dogs just ignore her. She'll get into things and just check out the house sometimes she will sit in the sun warming herself. She likes to be held and petted, as most bearded dragons do and likes people. I even brought Blaze to GOC one day. Everyone seemed to like her, especially Pam. She loved having the big office to run around and spent most of her time in from of the windows by Pam's desk.

So if your thinking about a pet but don't want to get into walking a dog twice a day or a lot of maintenance, consider a bearded dragon. Bearded dragons make great pets. They don't need to be walked, are gentle by nature, and following a basic care routine can result in a you're pet dragon living into their teens.

-By April H.



Easy Pumpkin Chocolate Chip Cookies



Total Time: 32 min
Prep: 15 min
Inactive: 2 min
Cook: 15 min

Yield: 60 cookies
Level: Easy

Ingredients

1 cup (2 sticks) unsalted butter, softened
1 cup white sugar
1 cup light brown sugar
2 large eggs
1 teaspoon vanilla extract
1 cup canned pumpkin puree
3 cups all-purpose flour

2 teaspoons baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
2 cups (12-ounce bag) milk chocolate chips, not semisweet
Nonstick cooking spray or parchment paper

Directions

Heat the oven to 350 degrees F. Spray cookie sheets with nonstick spray or line them with parchment paper.

Using a mixer, beat the butter until smooth.

Beat in the white and brown sugars, a little at a time, until the mixture is light and fluffy.

Beat in the eggs 1 at a time, then mix in the vanilla and pumpkin puree.

In a large bowl, whisk together the flour, baking soda, salt, cinnamon, ginger, nutmeg, and cloves.

Slowly beat the flour mixture into the batter in thirds.

Stir in the chips.

Scoop the cookie dough by heaping tablespoons onto the prepared cookie sheets.

Bake for 15 to 20 minutes, or until the cookies are browned around the edges.

Remove the cookie sheets from the oven and let them rest for 2 minutes. Take the cookies off with a spatula and cool them on wire racks.

ART PAGE

We didn't have a lot of art work this month so we are giving you a collage of various art work, from various members and staff that have been highlighted in our newsletter before. Thanks and enjoy!



Art washes away from the soul, the dust of everyday life" - Pablo Pi-



"Frustration." - David S.

"Trouble." - Ryan J.

"Que Pasa Tios." - Mike L.

"Flogging Molly." - Blake O.

"Productive." - Wilson V.

"Calypso." - April H.

"Food." - Chris P.

"Pencil Sharpener." - Brett B.

"Peace." - Pam D.

"Cog" - Matt

"Cats" -Ashley

"Daunting" - Mike D.

"Hope." -Tom Z.