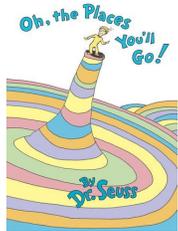


GOC GAZETTE

THE NEWSPAPER FOR THE
GAINESVILLE OPPORTUNITY CENTER



Oh the Places We Could Go!



When my kids were little one of their favorite stories was a little known Dr. Seuss rhyme called "Oh...The Places You'll Go." It was the last story published before his death. It is a story that inspires readers to

dream, to not be afraid; it about the journey of life, our successes and challenges, our waiting for great things and our making little things great. As I was vacillating over my article for this month's newsletter (this was the 3rd attempt...3rd time is the charm), I was thinking about GOC, where we have come from, where we want to go and the journey and I was reminded of that book.

Let me begin with some history. GOC was a concept that was envisioned by a group of consumers, family members and providers. Mike started in March 2007, and GOC grew quickly. We had our \$75,000 from DCF, we soon procured a \$35,000 grant from Able Trust to help educate the community about clubhouse and help GOC grow, then we were awarded \$37,500 for the CAPP Program that brought me on as the Program Director in September 2008. By October 2009 the Able Trust grant had finished, the CAPP grant had also ended and the county had decided to no longer support Employment programs, but rather to focus on food and shelter only. Mike went to part-time Executive Director, and then

was laid off on January 1, 2011. We have continued to apply for various grants but have received very few.

Many people have given to the Gainesville Opportunity Center. Without the wonderful support of our community we would not be here today, but I need to ask for more help. This year, we have seen even more cuts. We are still here but could do more with your help. GOC is in desperate need of a few things. If you are reading this and you have not given to us before, or have not made a donation recently, please consider making a donation. You will be making a difference in the lives of our members. If you have donated in the past, thank you, your generosity is appreciated, but if you find it in your heart and wallet, please consider increasing your donation.

We have done a lot with a little, we have survived in an economic nightmare, and we are still here. We will not give up, we want to do more, we want to grow and we will with your help. To quote Dr. Seuss "So...be your name Buxbaum or Bixby or Bray, or Mordecai Ali Van Allen O'Shea, you're off to Great Places! Today is your day! Your mountain is waiting. So...get on your way!" – Oh the Places You'll Go.

-By Pam D.



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The Gainesville Opportunity Center's Board of Directors

- Bruce Stevens - President
- Andy Bernard - Vice President
- Patricia Sokol -Treasurer
- Barry Wagner -Secretary
- Markus Dietrich
- Sandy Callan
- Jennie Whitson
- Jodi Irving



6th annual
Walk for Hearts and Minds
Saturday, October 13, 2012
Celebrate Mental Health Recovery & Awareness!
Proceeds support local programs & services!
Food, booths, art, & FUN!



SEPTEMBER 2012

OUR CALENDAR
3RD LABOR DAY- CLUB CLOSED
11TH BOARD MEETING
19TH TEXAS ROADHOUSE FUNDRAISER
28TH FCC MEETING CLUB CLOSED

BIRTHDAYS	
2ND SARA O.	16TH JOEL A.
9TH ARIEL G.	
10TH REGIS G.	

Happy Birthday Everyone!!!

Education		
Member	Location	Degree
Mike L.	Santa Fe College	Welding
Deb O.	Santa Fe College	Business
Greg U.	BBN Bible Institute	Scripture Studies
Alexis H.	Santa Fe College	Welding
Sandy C.	Argosy University	Psychology
Joel A.	Santa Fe College	GED

Clubhouse Employment

Employment Quote of the Month

“Adults are always asking little kids what they want to be when they grow up because they're looking for ideas.”
 -Paula Poundstone

Volunteer Work		
Member	Position/Work Site	Hours/Week
David S.	Dog Walker/Gainesville Pet Rescue	4
Greg U.	Political Worker	50

Supported and Independent Employment		
Member	Position/Employer	Hrs/Week
Andy B.	Kitchen Asst./St. Francis H.S.	25
Andy B.	Dishwasher/Meridian	5
Sara O.	Peer Specialist/Meridian	16
Jane B.	Courtesy Clerk/Winn-Dixie	25
Sandy C	Peer Specialist/Meridian	20
Sandy C.	Peer Mentor/NAMI	2
Regis G.	Clinical Supervisor/Discount Counseling Group	3
Regis G.	Consultant/Boys and Girls Club	20
Frances S.	Peer Specialist/Meridian	16
Tommy A.	Stocker/Catholic Charities	4
Dave B.	Carpenter/Self Employed	2
David J	Groundskeeper/Meridian	4
Deb O	SE Newsletter Editor/Meridian	5
Joel A.	Shipping & Receiving/Express Employment	40
David S.	Peer Mentor/NAMI	2

CONGRATULATIONS TO

David S. and Sandy C. for being certified Peer Mentors who will facilitate the next NAMI Peer to Peer Class this Fall!

- *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 Pam or Ross or call them at 224-5523

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Labor Day</i> CLUB CLOSED	4	5 <i>Club open</i>	6 <i>Club open</i>	7 <i>Club open</i>	8
9	10 <i>Club open</i>	11 <i>Board Meeting</i>	12 <i>Club open</i>	13 <i>Club open</i>	14 <i>Club open</i>	15
16	17 <i>Club open</i>	18	19 <i>Texas Roadhouse Fundraiser!</i> <i>Club open</i>	20 <i>Club open</i>	21 <i>Club open</i>	22
23 30	24 <i>Club open</i>	25	26 <i>Club open</i>	27 <i>Club open</i>	28 <i>FCC meeting Orlando</i> CLUB CLOSED	29

Interview with Gainesville Opportunity Center Board of Directors: Bruce Stevens

How long have you been on the Board of Directors? In 2006, in response to the shortage of employment opportunities in North Central Florida for people on their path to community reintegration and recovery from serious mental illnesses, I was part of the team that started up GOC. I guess that means I have been on the board for 6 years.

What kinds of things do you do on the Board of Directors? The Board is responsible for keeping the doors of GOC open in order to enhance the quality of life for Gainesville folks living with one of the many types of mental illness. This includes finances and public relations. As president of the board it is my responsibility to make sure various tasks get done by the rest of the board members, and to set the tone of the board by having a positive attitude in making GOC the best it can be.

How did you find out about GOC? Six years ago the local Department of Children and Families (DCF) had the idea to start a Club-

house model of mental health recovery in Gainesville. I learned of this planning opportunity from Bev White, the director of DCF at the time. After much planning and many meetings with DCF and many other wonderful people, this group formed GOC and made sure its name included the word "Opportunity".

What made you want to become a part of the GOC Board of Directors? The idea of mental health recovery has been an important goal of mine as a father because of a family member needing a way to get back on his feet after being hit with a major mental illness in his early 20's. Being on the GOC Board is a good way to actively see that this opportunity is available to him and also to many other folks in our area.

What is most rewarding about being on the Board of Directors? It has been very rewarding to see opportunities being given to so many people who need and deserve openings for a better life in the face of living with a serious mental illness. It is very

rewarding to see GOC actually working out and helping lots of folks on their path to doing what they want in enjoying life.

What do you do for a living? At the UF College of Medicine I am a professor. This involves teaching medical students and doing research on the way brain cells work.

Do you have any kids? My wife and I have two sons who are my pride and joy, and I love them very much.

Do you have any hobbies? Piano is a hobby, and this year I have started learning to play the electric bass. In my spare time I like to repair cars as well as work on electronic projects. Cooking is fun for me, and I also like to learn using new types of computer software that can do fun things such as graphic arts design or music and sound effects.

-by David S.

BELK FUNDRAISER IS BACK!!!



Our bi-yearly Belk Fundraiser is here again! All you have to do is obtain a ticket from a clubhouse

member, and take it to Belk in the Oaks Mall anytime from 6 to 10 am on November 3rd. Once you are inside Belk, buy at least \$5 worth of merchandise and you will

receive your \$5 back. There will be awesome deals from 6 to 9 am as well. This is a great opportunity for savings!

-by David S.

Opening the Door: Starting the Conversation About Partnering and Decision Making



Here are some examples of some conversation starters that you can have with your mental health service provider about working together in your recovery process:

Examples of How to Start a Conversation About Partnering and Decision making:

- (1) *Part of my recovery is working toward things that matter to me. The goals in my treatment plan do not fully match what is most important to me. I'd like to talk about how to change the plan so I can get or keep what is important to me in my life.*
- (2) *I want to be able to do the things that give my life meaning and pleasure now, not just in the future. For me, some of these things are _____ (for example, having friends, playing music, sexual intimacy, spending time with animals, finding work I like to do, being with my family, and so forth).*
- (3) *I want to change my doctor (or other provider). I feel we do not communicate very well and it is not helping me in my recovery. Can you help me find a different doctor (or other provider).*

Examples of How to Start a Conversation about Medications:

- (1) *I want to fully understand what medications I am taking and why I am not happy with the medication I am using. I want to talk to you about options for other medications. I want to also explore some non-drug approaches to feeling better and dealing with my problems. I am experiencing some medication side effects that are bothering me. It is important to me to be able to have sexual relations with my partner. I am having trouble in this area. I keep hearing that there are serious, life-shortening side effects of antipsychotic medica-*

tions. (Say what side effects are bothering you most, such as sleepiness, weight gain, movement problems, dry mouth, not able to think, and so forth)..

Examples of How to Start a Conversation about Respect:

- (1) *I want to talk about how we can improve our communication. I know you are very busy. But sometimes I feel you are rushed and impatient with me. I do not think you always listen to what I say. I would like to talk about ways we can have a more respectful relationship.*
- (2) *You make some good suggestions. But I sounds like I have no choice. It would be helpful if we could always talk about more than one option. I want to be a partner in making decisions about my treatment and not feel like I am just being told what to do.*

Note: You may want to write some of your own ideas down for starting difficult conversations with your mental health service provider on a separate piece of paper.

Tips:

- *You don't have to use the exact words
- *Say what is going right with you as well as you concerns
- *Print this page, take notes, and write down what you want to say
- *Practice what you want to say
- *Ask someone you trust to go with you to your meeting. This can give you more confidence as well as someone else to remember what was said
- *Tape record the meeting so you can hear again what is said
- *It might take several meetings to fully talk things through
- *Write down your agreements

-by David S.

We are...The Wave of Rock!!!



Last September on the way home from the Jacksonville Zoo, David S. asked Mike L. if he wanted to jam sometime. Little did either of them know that what was about to happen was the beginning of our band: The Wave of Rock.

First, Mike L. and David S. jammed for a couple of months, and then Manny A. came into the picture.

And then, we were a band. Mike L. suggested that we call ourselves The Wave of Rock and the name stuck.

We began playing at our first venue, Lillian's Music Store located in Downtown Gainesville during the open mike night (they call it Jam Night), around the beginning of the year of 2012. We played mostly cover songs, but a few of Manny A.'s original songs as well. We are working on an original song by Mike L.

As we progressed individually as well as a band, our song repertoire grew, and we started playing at The Backstage Lounge. In the future we would like to play at other venues during their open mike nights and even possibly play for money for our own concert!

-by David S.

Blue Springs Trip a Success!

Our trip to Blue Springs was a success! We took three cars. Andy, Jane, and Robin went with Tom. Joel, Daniela, and Catherine went with Terrie. Terrie picked up Catherine on the way because she lives in High Springs. And, Mike and David went with Pam.

We arrived about 11 o'clock. Some of the members went right into the water—which was cold (72 degrees)! Some of the members jumped off the dock into the springs. And some members hung out under the pavilion, out of the sun. Most of the

boardwalk was closed because a tree fell and damaged the boardwalk. Mike, David, and Joel snorkeled around in the clear spring water. We had turkey and Swiss cheese sandwiches with chips for lunch.

Around 3 o'clock we left when it started to rain heavily. We didn't have a time when we were scheduled to leave the springs, but it was to be around 3 o'clock anyway.

-by David S.



Need a Job?



Searching for employment is challenging these days. First, open positions have to be found. Then the applications and resumes need to be submitted. Then the interviews!!!

You've got skills and talents to share. It's a process of finding the place where those skills are needed. It takes some trial and error to find that place and you learn a lot about yourself during the process.

When none of my applications were being accepted, I considered how I might rewrite them to be more attractive to the employers.

When I wasn't getting called back after my interviews, I considered how I might improve my interviewing skills. This was difficult stuff to do, and it was useful to ask someone to take a look at my applications or listen to my interview experiences so they could give me some suggestions.

If you would like some assistance in your employment search, I can help with writing or proofing resumes and applications. I can also do practice interviews. I'm usually at the clubhouse Monday afternoons so stop by and let me know what you would like to do with your job search.

-by Ross W.

NFL Preview



Some people love the pre-season. Some people don't. I think it is important because you get a good look at your back ups and rookies, which is extremely important because players drafted in the 4th -7th round might be goldmines. Look at "Tom Brady". I think a decent backup quarterback is essential. So the backups try their best and try to earn a starting spot. Andy Ried is kind of a genius. He started a trend of drafting short, fast wide receivers,

and good coaches like that never show their full playbook to any team during pre-season.

Instead of getting hit, I think quarterbacks just throw the ball away. In these days of running back by committee, teams usually have 2 good running backs. Also in the pre-season there are at least some coaching changes. Head coaches make the most important aside from a defensive or offensive genius coordinator.

A head coach can bring a poor team to a decent team, and a good team to a great

team. An example of that is Mike Singletary got replaced for Jim Harbaugh. Harbaugh was a quarterback, so I'm sure he shared some secrets with QB Alex Smith. So yeah, that is a good example.

I'm an Eagles fan, but I think the Giants are the team to beat. I think some teams that will be in the playoffs are, the Eagles, Giants, Lions, Broncos, San Francisco. I think a team that will be most improved are the Jets.

-by Mike L.

Member Interview: Tonti Irving



David – How did you find the clubhouse? (What motivated you to join? What were you doing before you came?) Have you ever been to any other clubhouse?

Tontee – A friend referred me; feelings of hopelessness motivated me to join. Before I joined, I cried a lot a lot and no, I haven't been to any other clubhouses.

David – So Tontee, where are you from originally? Have you lived in Gainesville long?

Tontee – Gainesville originally. I have been in Gainesville for 46 years.

David – If you're comfortable sharing, can

you tell us a little of your story in regards to living with a mental illness? What have you struggled with, but also what motivates you? What has helped you to recover and become more stable? What insights have you gained through this process?

Tontee – Had mental, physical, and sexual abuse which coalesced into what I would call spiritual abuse. I've struggled with anxiety, paranoia, and depression.

David – How do you think the clubhouse can help you?

Tontee – To be around people with whom I can relate to and share with.

David – What skills do you have that could be used here? What strengths do you have in general?

Tontee – Communication mainly; also, that I know how to be an advocate.

David – What goals do you have for the future, be they daily goals, weekly goals, or goals that will take longer to complete?

Tontee – Volunteering, possibly getting a job.

David – What do you like to do for fun?

Tontee – I like to write, talk, work on myself; I like to listen to mellow music, and perhaps go to the beach when I can.

David – What would you say is most important for us to know about you?

Tontee – That a person is an asset when they try to the best of their abilities.

-by David S.

An Interview With Lois R.

Mike—How did you find the clubhouse?

Lois—A friend, Cheryl Sawyer

Mike—How do you get to the club?

Lois—By bus

Mike—What things do you do Lois?

Lois—I use the phone, snack, use the clubhouse's supplies such as the telephone and computer lab. I like to socialize with the other members. It's a very pleasant time for me even though I don't know all of the other members. The coordinator, Pam Demers was very helpful when I needed to set up my cellular phone. I really appreciated that.

Mike—What things do you like?

Lois—I love food; all kinds of food: eggs, custard, ice cream, banana

splits, and cut up bananas with raisins.

Mike—What are your favorite things to do?

Lois—I love to socialize, when people can respond to me appropriately. Sometimes I do well.

Mike—Do you work?

Lois—I can do anything physical and would like to be an X-ray technician! That's my dream anyhow.

Mike—Have you been to another clubhouse?

Lois—Perhaps, but not that I know of.

-by Mike L.

ART PAGE!



Anxiety

I try hard, hard as I can
 But its not enough—you fall if you don't stand
 I'm sick and tired of being afraid I'll get fired
 I'm inside Anxiety Land

Anxiety Land
 I'm in Anxiety Land

It's a place I'm in and I have no doubt
 That's its easy to get in, but hard to get out
 I'm drowning in an anxiety pool
 And that's the way my life is all about

Anxiety Land
 I'm in Anxiety Land

I want to leave Anxiety Land
 Step out of my anxiety pool as fast as I can
 Someone, please give me your hand
 I'd like to think I'm more than just a one man band

Anxiety Land—I'm leaving it—and strong I stand
 Anxiety pool— I'm done drowning, and now starts my renewal

-David S.



YOUR PRAISES

No public displays
 No "joy on parade"
 For the closet of my
 silken heart is known to you
 And the overwhelming gratitude
 For the adjustment of my attitude
 Goes far beyond what I ever thought I knew.
 Lord help me do what's right
 In my heart and in Your Sight
 For if I'm not allowed to know another thing,
 That you're with me every day
 You will not leave me when I pray
 Then beyond forever all
 Your Praises shall I sing.

By Robin B.

Ryan's Crane



-Ryan J.

Origami (折り紙?, from *ori* meaning "folding", and *kami* meaning "paper"; *kami* changes to *gami* due to *rendaku*) is the traditional Japanese art of paper folding, which started in the 17th century AD at the latest and was popularized outside of Japan in the mid-1900s. It has since then evolved into a modern art form. The goal of this art is to transform a flat sheet of paper into a finished sculpture through folding and sculpting techniques, and as such the use of cuts or glue are not considered to be origami. Paper cutting and gluing is usually considered *kirigami*.

-Source:Wikipedia.com

What is Your Favorite Breakfast?



We have all heard that breakfast is the most important meal of the day. What is your favorite breakfast?

David S. says, "A sausage, cheese, and spinach omelet with

hash browns, a biscuit with butter and jelly, and a side of fruit with a large glass of chocolate milk to wash it down. And maybe a cup of coffee as well."

Paula H. says, "An omelet with spinach, brown rice, and onions, with coffee with soy milk. Yum, yum!"

Pam D. says, "It used to be Philly Cheese Steak Omelet...but I can't eat these any more so now it is two poached eggs on wheat English Muffins, with juice...it's kind of sad"

Kaye E. says, "Corn beef hash, grits, eggs, sausage, bacon, hash

browns, English muffin, bagels, and a ham and cheese omelet."

Daniel W. says, "Hash browns, and orange juice."

Manny A. says, "Two fried eggs, sunny side up on toast with a little bit of ketchup."

Mike L. says, "Bacon and eggs, hash browns with ketchup, with a glass of orange juice."

Tontee I. says, "Home fries, sausage, maple syrup, blueberries, milk, pancakes and orange juice."

Ross W. says, "Greek yogurt, cashews, fresh fruit and an ice cold soda."

Jane B. "Fluffy buttermilk pancakes with bananas and lots of maple syrup, overflowing with maple syrup!"

Andy B. "A Western Omelet." He is a man of simple tastes

Ryan J. "Birthday cake ice cream." *Really???*

BREAKFAST TRIVIA

- 58% of all Americans do not eat breakfast
- Kellogg's Eggo Frozen Waffles were introduced in 1954
- McDonald's created the Egg McMuffin in 1973 and rolled out the complete breakfast in 1976
- In rural homes in the 19th century apple and other fruit pies were considered a healthy breakfast
- Radishes were a common breakfast item of the Pennsylvania Dutch, and still are in Japan.
- Ham and Eggs, considered a typical American Breakfast was also a favorite of Egyptians in 1500 BC
- 12% of all cold sodas sold are consumed at breakfast
- 65% of all coffee consumed is drunk at breakfast
- Remember when your mother told you "Breakfast is the most important meal of the day"...well it turns out she was right. Having breakfast each day can kick start your energy level, reduce overeating, and improve brain functions!



"Peace" -Paula H.

"Love" -Ryan J.

"I've got a paying job!" -David S.

"May the force be with you." -Travis H.

"Supercalifragilisticexpialidocious." -Pam D.

"We are not trying to become a famous band. We are focusing on having fun." -Mike L.

SEPTEMBER 19TH ONLY!!! SEPTEMBER 19TH ONLY!!! SEPTEMBER 19TH ONLY!!! SEPTEMBER 19TH ONLY!!!



Texas Roadhouse GOC Fundraiser!

Pick up a special ticket from a GOC member, enjoy a meal at Texas Roadhouse on Archer Road, and help raise money for GOC (10% of total meal cost will go to GOC with ticket!!!). Awesome!!!!

