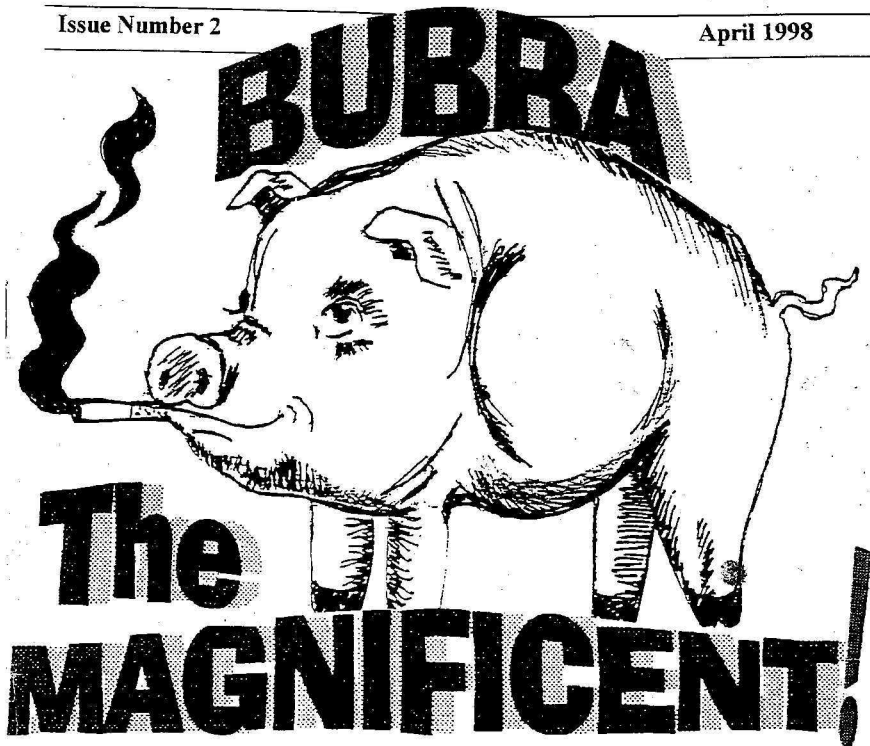


# The Inner Circular for Cathy

"About us, by us."

Issue Number 2

April 1998

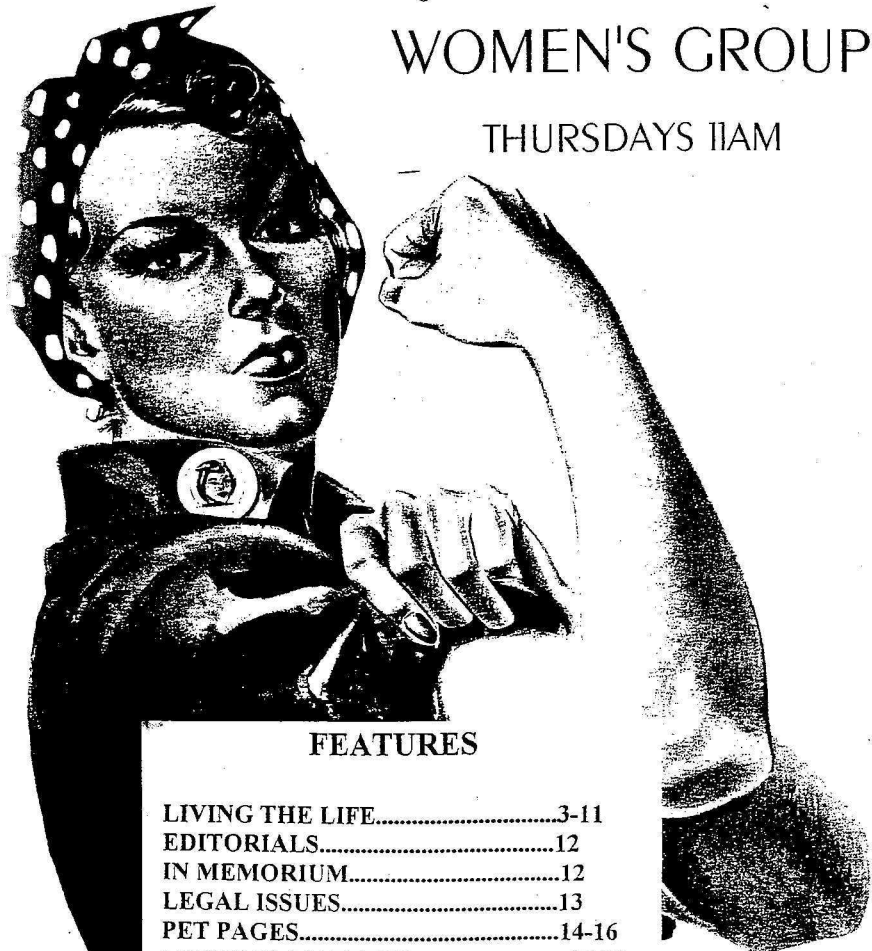


MICHELLE SKOLNITSKY

**PET PAGES 14-16**

# WOMEN'S GROUP

THURSDAYS 11AM



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# LIVING the LIFE



## MY ACHIEVEMENT

I went to an AA meeting on Saturday at 8 PM to celebrate. I was so happy that I got my 3-month coin, thanks to Rita.

I was so happy that my God and Higher Power helped me to get my coin. I also want to thank my boyfriend, too.

I got a gift from Rita. She was so nice to me I want to tell God and my family and friend for being there for me.

Maria S.

## WORKING HARD TO HEAL

I am nineteen years old. I was first admitted to a psychiatric ward when I was fifteen because of anxiety. I made some good friends there and started on the road to recovery.

My initial diagnosis had been clinic depression. Since then I have been diagnosed with schizo-effective disorder.

I can say from experience that healing takes a lot of hard work. I have been in the hospital numerous times. I have been in a very bad space with my mental illness: delusional, depressed, and crying out for help.

I have abused drugs and alcohol to self-medicate. Of course that didn't solve any problems, only created more.

Today I am sober, attending school and coping with my symptoms to the best of my ability. I can honestly say I've come a long way.

Michelle L.

## BEING YOUNG

I live at the Jefferson Adult Home and I'm not too happy about it. I'd much rather be back in the psych unit because I cannot talk to anybody at the home.

All the residents here are so much older than I am and cannot relate to my problems. In the hospital, I was able to talk to people who understood.

It seems that all anybody at the home wants to do is either complain about their aches and pains or reminisce about the past.

I am sorry, but that is not my cup of tea.

P.S. I hope I haven't offended anyone.

Sarah L.

## GETTING OLD

I think about getting old. I know we are supposed to take one day at a time, but I can't help thinking about what will happen to me when I get old.

I had an aunt who lived until she was 87 years old and she was active and keen of mind. I would hope to be like she was.

There is nothing I can do about it, so I will have to go it, day by day.

Jane Q.

## LIFE AND DEATH

At 7 AM my pager goes off. The adrenalin starts pumping. A man is down at the Liberty Golf Course, possible Cardio Vascular Accident (CVA). The adrenalin pumps a little faster.

The tones also go off for the Paramedics; they can do more lifesaving procedures.

I go to my designated pick-up spot to go to the Ambulance Building. When we arrive, we jump into the ambulance. On goes the siren as we speed to the scene.

The pager goes off again; CPR is in progress. In a few minutes we arrive. The patient went down on the first hole.

We drive onto the golf course. An ALS (the paramedics) are already there. They have already shocked the patient several times without results.

We jump out of the ambulance and get a backboard and "spider straps" (to keep the patient on the backboard).

The paramedics have started an IV and have shocked the patient again. They've got a rhythm going.

We load the patient into the ambulance and race to the hospital. The adrenalin slows down and my normal consciousness comes back. While enroute the paramedics continue to give lifesaving drugs and I continue CPR.

When we arrive at the hospital, we get the patient into the ER as quickly as possible. The doctors and nurses take over.

This time, unfortunately, the patient didn't make it. But on similar calls, we've saved lives.

Janice B.



## ENJOYING LIFE

I have a warm place to stay. I still have some things I can enjoy, like coffee in the morning and tea in the afternoon.

I haven't given up on life. I still have food and friends. I hope we can go swimming again.

Linda N.

## DOING JUMBLE

Most of the *Jumbles* that I do are jokes. A real *Jumble* is hard and is not a joke.

When I do a *Jumble* I can catch on quickly. I do this to use my time wisely.

Bob M.

## THEN & NOW

Four years ago I came to CDT with an anger problem and a drug addiction.

I have accomplished certain goals since then. I received my GED diploma (after two tries). I am going for a career in the clerical field in which I do volunteer work twice a week.

I have learned to deal with certain types in my life and have become more outspoken with therapy and the proper medications.

I am grateful for CDT because I have grown and improved every year in dealing with society in and out of Day Treatment, and I will live a healthy and processing life.

Cheryl D.

## CHURCH

Plenty of people go to church all year round. Now it's Lent and we have to go, too.

People come from all over to hear mass during Lent. Sometimes I don't feel too good, but I still go. God helps me all the time.

As I came out of church yesterday, I saw an old woman going in. She was all bent over and looked very, very old. She made me feel good inside. God bless her.

Jane F.

## MY ADDICTIONS

I have always been addicted to something. In my early days, it was alcohol and all kinds of drugs. Addiction was my way of life.

I lost a lot of things, including my house and my wife. I also developed a mental illness which is hard for me to accept.

But I'm learning to deal with my dual illnesses with the help of Revona Hill and CDT.

Now I have yet another addiction: caffeine. I've been told I'm not alone. I've talked to people like me. They had the same problem in early recovery. They drank caffeine until they got sick of doing it. Some say they used The Steps of AA to stop. I like the idea of using The Steps because it works with alcohol and drugs.

I've learned the bad effects of caffeine. It causes my meds to flush out. It also causes anxiety and sleeplessness and it also raises my cholesterol. This makes me depressed.

I have trouble with these symptoms. But I still love my caffeine. I was also told that addicts find a new addiction to replace the old one.

What I need to do is to find something healthy to replace caffeine. I am receiving acupuncture and my advocate is helping me using hypnotism.

Some day I'm going to get off my addiction.

Tom D.

*"Perry Como was a barber."*  
Morton

# Why I want to be a Flight Engineer/Pilot

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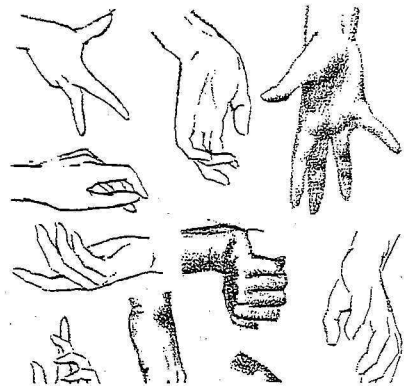
1. A job I can love.
2. I know what I want to be.
3. To fly a jet plane around the world.
4. To have my own jet plane.
5. I have perfect vision, but not a perfect voice.
6. It's been my dream since I was four years old.
7. To enjoy airline food.
8. What I would like to go to school for.
9. To be proud of my uniform.
10. Pilots and flight engineers get swell vacations.
11. I want my title to be 'Third Officer'.
12. Attend a school in Fort Lauderdale, Florida.
13. I can go out on a date with a flight attendant.
14. I hope I can learn to fly when I grow up to be a cowboy.
15. A pilot or flight engineer writes in his log book with a pen.

Martin R.

## THERE'S NO PLACE LIKE HOME

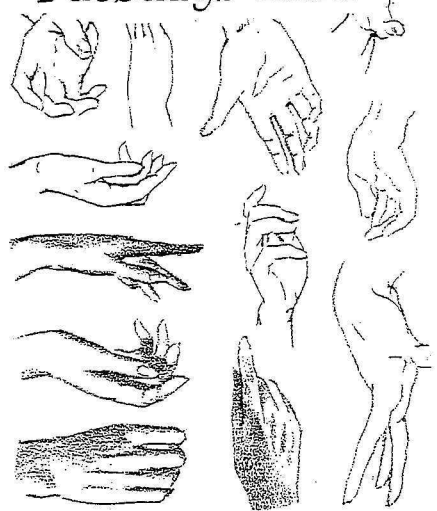
I feel nice to be back. You are very nice friends and I love you all. The people here are very nice. CDT is like my home.

Rose M.



# HEALTHY HANDS

*Tuesdays 11am*





Enjoy  
"LOVE & SEX"  
Thursdays 1PM

OUR LOVE

When we met, it was love at first sight. She knew it and so did I. Our love was spiritual. The physical came later.

We were engaged in a spiritual form of love. And it excelled in a spiritual and physical way. Our contract was with the mind. Our in-mind physical when we see each other still exists. Maybe because our love was unconditional.

Larry L.

MY TRIP TO THE BEACH

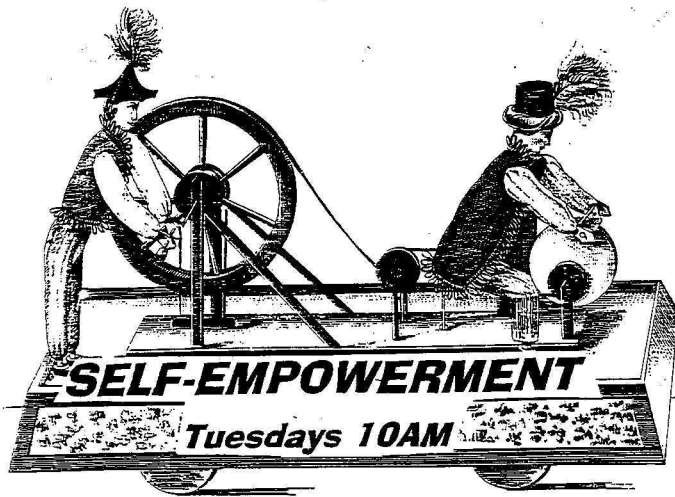
It was a hot day in *March*, up in the 80's. So I went for a ride to the beach.

There was a lot of sand and the water was full of waves. I sat in the sand and it felt very good.

There were people boating and fishing. We watched them fish. The water was very clear. I had a great time.

Mabel M.





P  
O  
A  
I

## MY MISTAKE

I Last week I was caught taking a  
p wallet off the shelf at Eckerds Drug  
n store. I concealed the wallet in my  
ti pants, but I had to give it back to  
n the store employee after she  
g questioned me about it.

a It all started when my friend gave  
me \$10 to buy her a wallet. I lost the  
money she gave me and proceeded  
to pay her back by stealing.

The police were called. I was  
given a second chance, but I was  
suspended from program for a week.

Wayne L.

## CHURCH & MEETINGS

I started going to church and AA and NA  
meetings when I was sixteen. Since then God  
has helped me to live a life free of alcohol and  
drugs.

Before I had gone to church and meetings,  
I was lonely and sad. Once I began to go, I got  
married to my lovely wife and we had a good  
marriage for fifteen years while I was employed  
as a full-time career tractor-trailer driver.

I will and plan to go to church and meetings  
until I am sixty-two when I'll retire and live in  
a senior rest home in Orlando, Florida.

Edward O.

## IN THE NAVY

I served in the US Navy from 1981 till 1985. After "boot camp", I was assigned to the *South Carolina*, a guided-missile cruiser.

I tried to do many different tasks. My favorite job was as "look out". I had to watch for other ships and aircraft and many other things in the water.

The best time "on watch" was during a full moon. I could see all the stars. I felt I could reach out and almost touch them. The dolphins would play in the waves of the ship. Sometimes I would talk to them.

I got to go to other countries. I have been to Italy, France, Spain, Germany, Egypt, and the Virgin Islands. I also got to meet other people and learn about them.

Lawrence J.

## CIGARETTES

Millions of people smoke. Most can't breathe and level breathing and lung cancer, and early symptoms of depression.

The air is fresh. If I were you, I'd smoke. Many towns have stores that sell cigarettes. For a fact, twenty in a pack.

You teens, 16 years of age...Do it.

Paul H.

## NO RESPECT!

I am a very helpful, contributing member of CDT. So why am I always taken for granted? Why don't I get a fair shake?

I'm not sweeping up the cigarette butts all around the building just for the money (although it helps). I really believe for all the work I do that getting paid \$1.50 is ridiculous!

To think that I can quit at any time instead of getting harassment about how I'm asking for too much.

One of the most important reasons I sweep up all the cigarette butts is that I think all of us should take some pride in our own environment.

It really makes me feel good and special that I am doing a great service for CDT.

But I get little appreciation and that hurts.

Angel S.

## VESID

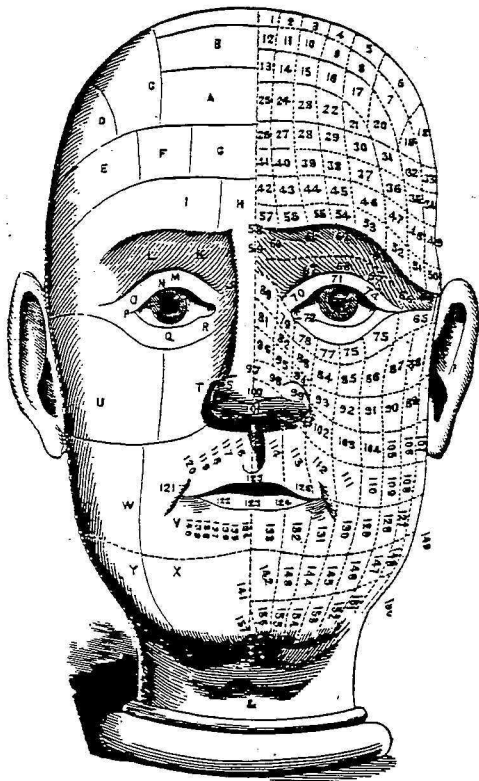
In a few days I will be going to the Vocational Program and I appreciate everybody's help.

(To be continued...)

Patrick D.

# PSYCHOLOGY

## FRODO'S 11AM



## FATHER of the BRIDE

I'm going to a wedding. It looks like my daughter is going to make me a grandfather.

Jodi is her name and I love her very much. She's a great cook and I can't wait until she invites me over for dinner.

She's hired a stretch limo for the ceremony. I'll have to brush up on my dance steps. When Jodi reads this, I'll be invited to a lot more dinners.

Lenny S.

*"Nobody else says nothin' about me lying down."*

Rockie

## GERSHWIN

The radio was on in the background the other day, low volume as usual, when I found myself inclining toward vaguely familiar music.

I began to listen more intently. A few swells of melody pushed a button somewhere in my brain...

Gershwin; the overture of *To Thee I Sing*.

Robert M.

# EDITORIALS

## MONTICELLO and the MENTALLY ILL

I feel Monticello does more for the mentally ill than any other city in the country.

In the last six years I have had surgeries and my teeth fixed by RSS. They also gave me an apartment of my own.

CDT is a blessing. I enjoy the topics discussed in groups because they are things to talk about and the counselors and the doctors really help.

Another attribute is Stepping Stones which is a social club that holds dinners and entertains the mentally ill.

We are very fortunate to have what we have in Monticello.

**Darlene D.**

"....."  
Caroline

## NO MORE GAMES!

I think there should be more serious groups in CDT. More group therapy, for instance. I don't believe we should be playing games.

CDT is a place to get ready for the real world, not a place to play Bingo, UNO, or spades.

When we play games, we don't have the opportunity to express our feelings. We don't get the chance to discuss problems and receive advice.

I'm not saying games are bad, but there's a time and a place for everything.

Art S.

## IN MEMORIUM

**Diane Pierson 1932-1998**

Diane was a woman of great strength who was very ill. Yet she came to work every day at CDT.

I feel her loss greatly. She made it easy to get close to her.

She will be terribly missed by everyone who knew her.

**Debra H.**

# LEGAL ISSUES

## A PRISONER'S LAMENT

I don't know firsthand how it is to be in prison, but my companion of seven years is doing 1-4 years for DWI.

It is lonely without him, but I can still go on, waiting for a letter or a phone call.

He's up just below Canada (near where they had that devastating ice storm). It's cold there; not a bad place for a prison.

The inmates sleep in dormitories. There are no bars [for drinking] in jail, but TV rooms and kitchens where the prisoner's can cook if they get food sent in.

His letters are long and loving, full of sentiment and longing to be home with "my sweet wife and my sweet cat ('Gadget')." "

Well, not yet. He must stay another two years at least. But I will wait and keep a home for him to come back to when he finally does get released.

This last year has been hard, but with the help of my family and friends, we'll both make it through this situation.

Duane P.

## GOING TO COURT

Sixteen months ago I lost custody of my six children.

One of the requirements mandated by the Family Court judge was that I get a positive discharge from a psychiatric team of doctors, therapists and counselors in order to get visitation rights with my children.

CDT offers therapy and counseling sessions needed for the court's agenda and is an ideal stepping ground for me. Not only am I getting proper format for the court, but also the space I need to work on my emotional needs since the loss of my six children.

Today I am going to court again to show the judge that I am attending a rehabilitation program and that I am also stabilizing on medication prescribed for me.

I pray for a favorable outcome.

Belinda D.

# Try CREATIVE THINKING

## MONDAYS 10AM





# BUBBA the MAGNIFICENT

Bubba, our pot-bellied pig, first joined our household last December before Christmas. Small, gray and cute, pot-bellied pigs can weigh as much as 40 pounds fully grown.

Every day, at 4 PM, someone in my family (including myself, of course), feeds Bubba pig food that we get at Agway; he also like bananas and crackers.

Bubba is a pretty well-behaved pig most of the time; however, he sometimes gets into trouble. For instance, he likes to eat everything he sees, so we have to tell him "NO!"

He also likes to nudge people with his nose, and he gets in my way whenever I clean the house.

But Bubba has his good points, too. He is friendly, cute, and he helps me get the scruff off the floor when I clean at night. Last Christmas he even smoked a cigarette!

All in all, Bubba is a good, little pig who certainly deserves a place in the PIG Hall of Fame.

Frankie A.

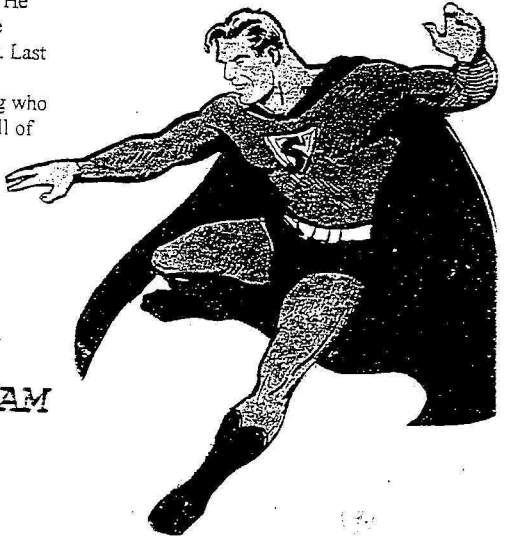
# "DUKE"

My dog's name is Duke. He is the kind of dog that likes to play with you when you have his toy bone. He will growl at you to play with him. He also likes it when you pet him.

Sometimes he can be like Dr. Jekyll and Mister Hyde. One second he likes you and the next time he is chewing the window frame.

He will also grab your shoes and rip them up. One time I wanted to kill him because he chewed the strap on my sneakers and I had to throw them away.

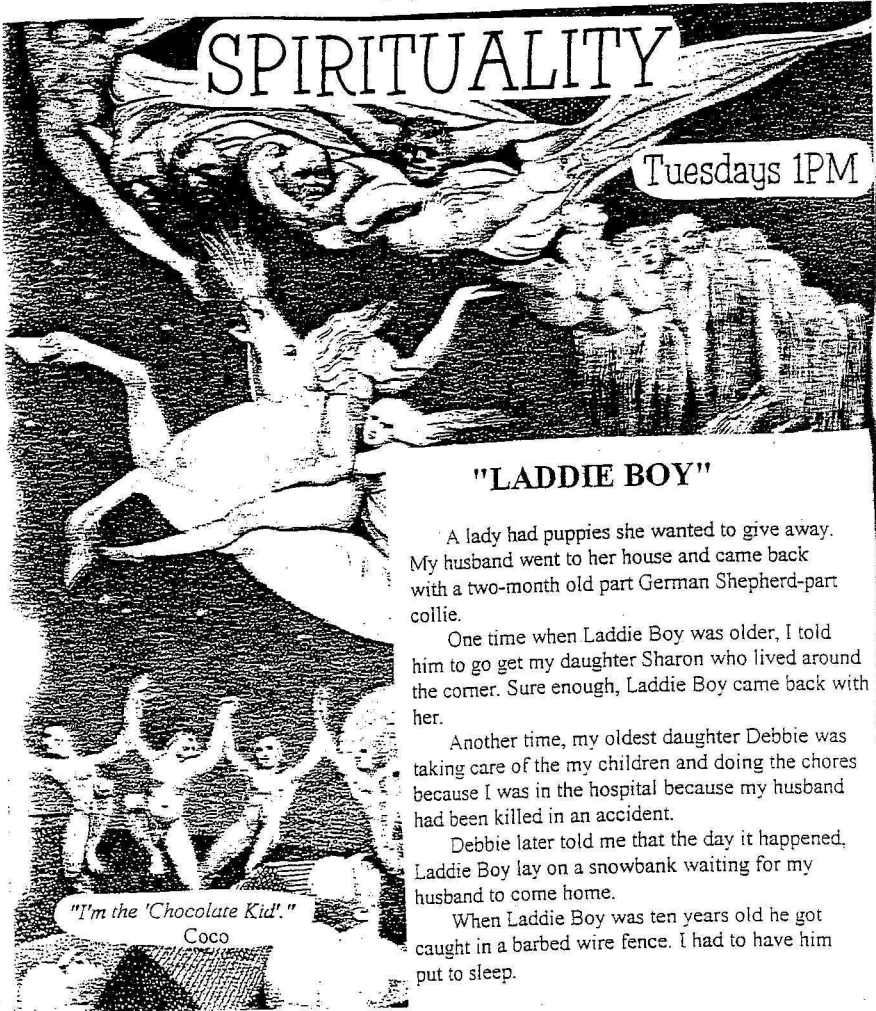
Lynn W.



**BUILDING  
SELF-ESTEEM  
THURSDAYS 10AM**

# SPIRITUALITY

Tuesdays 1PM



"I'm the 'Chocolate Kid!'"  
Coco

## "LADDIE BOY"

A lady had puppies she wanted to give away. My husband went to her house and came back with a two-month old part German Shepherd-part collie.

One time when Laddie Boy was older, I told him to go get my daughter Sharon who lived around the corner. Sure enough, Laddie Boy came back with her.

Another time, my oldest daughter Debbie was taking care of the my children and doing the chores because I was in the hospital because my husband had been killed in an accident.

Debbie later told me that the day it happened, Laddie Boy lay on a snowbank waiting for my husband to come home.

When Laddie Boy was ten years old he got caught in a barbed wire fence. I had to have him put to sleep.



# MEDICAL MATTERS

## A BAD MED TRIP

Last week I asked the doctor to give me to give me something for my anxiety. He must have thought I had a compulsive disorder. I tried to tell him that I was not the type of person who washes my hands fifty times a day. I do some things over and over. So do I have some kind of compulsive disorder?

Anyway, I took what he gave me at bedtime and the next day my pulse was going too fast! My heartbeat was going to fast!

I was scared. I left CDT at lunchtime and went home to see if I could sleep it off, but I couldn't sleep.

I called up my RSS counselor who brought me back to CDT. Thank God the doctor was there. He gave me something to calm me down.

When I see that other MD again in a week, I will make sure a counselor is with me.

This is not the only bad trip I've had. There have been others.

Maggie B.

## PROBLEM-SOLVING TUESDAYS 10AM

## MEDICATIONS

In 1970, I suffered a nervous breakdown in the aftermath of my mother's suicide. My resulting depression was not severe enough to require hospitalization, but I needed treatment with medication and psychotherapy.

I was given a combination of an anti-depressant and an anti-anxiety medication in pill form. Within a year I was back to my old self and beginning to function like a normal human being, suffering little, if any, side effects.

But two years ago, I was *misdiagnosed* with so-call schizophrenia which was really "dependent and schizotypal personality disorder", and given a new medication with disastrous results.

I raised hell with the doctors at the Mental Health Clinic, asking them to reduce the dosage because I had become a walking zombie.

Thank God for CDT and its doctors. They determined I really do have a personality disorder and none of the delusions and scrambled thoughts of a schizophrenic.

Now I can be treated with ongoing therapy and do not need any meds unless (God forbid), the depressive symptoms come back.

Brenda L.

## OPERATION I

I went to the hospital for an abscess and it was painful. I was under anesthesia, and had an IV in my arm. The nurse also took my blood. Boy, was I nervous! I also felt sort of dizzy.

The best part came when the doctor gave me a shot in the spine. This was so I wouldn't feel any pain during the operation. I thanked God for that.

Now I take sitz baths so that I won't catch an infection. I'm going to the hospital again this month. I just hope I won't have to have another operation.

Carlos T.

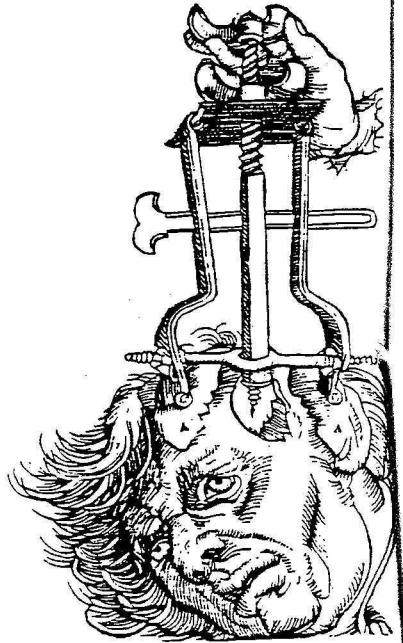
## HOSPITALS

When you are sick, mentally or physically, you go to a hospital.

But when you are mentally sick you go to get the kind of medication that will help you.

You have to be honest with the people treating you so they don't give you meds that will not help you or too much medication.

Jetlein W.



## TRAUMA

Wednesdays 1PM

# STRESS REDUCTION

# Thursdays 11AM



# GROUP GAB

## KAZOO ORCHESTRA

For a long time I have been a member of the band. I really love it. Annie is our conductor. She makes all of us feel real good. The orchestra plays a lot of different music. We like a variety. The Kazoo orchestra meets every Wednesday from 7 to 9 PM. Everyone is welcome.

Douglas R.

## BIBLE CLASSES

There are two groups at CDT for sharing The Word about the Holy Bible.

Rachel usually holds her class about the Bible from 10:15 AM till 11 AM on Mondays. We like to talk about the Ten Commandments and the Old Testament and Jesus Christ and the New Testament.

Greg has his group at 1 PM till 2 PM on Fridays. We like to talk about Abraham, Isaac and Jacob who became Israel. Sometimes the story is on cassettes and we listen. Greg also show films about Noah and other Jewish films.

Bonnie G.

## HEALTHY LIVING 2000

Learning about other people's eating problems helps me get in touch with my own feelings about dieting.

I need to learn to be honest about my own "eating disorder". When I attended *Overeaters Anonymous*, I saw success which encouraged me to lose weight. *Healthy Living 2000* has given me the inspiration to try again.

Barbara K.

## VOLLEYBALL

Eric and Neil take us to Liberty to play volleyball every Wednesday. It's a gym we play in.

I like volleyball because it's a great sport to play and it's fun with one team vs. the other team hitting the ball over the net.

Sometimes we win and sometimes we lose, but we play volleyball just to have fun.

Charles C.

# DOUBLE TROUBLE

## ONE

I knew I had a problem, but I couldn't put my hands on it. Alcohol and drugs was one thing. Many years had passed by going in and out of hospitals, and still I didn't realize I had a problem.

Now I'm in a program called *Double Trouble* for the dually diagnosed, a 12-step program for the mentally ill and I'm *learning*.

Before there was a lack of knowledge, no voice, denial, stress; I didn't know where to go or who to talk to.

I'm very grateful for *Double Trouble*. We meet once a week. We go to work shops and get together with other people with addictions and mental disorders.

*Double Trouble* works for me!

Angey W.

## TWO

Some of the staff, some of the clients, and I went to a workshop called *Double Trouble*. We had a nice time.

We talked about a lot of things and got educated on different subjects including drugs, alcohol, and medications.

Then I was asked to run the meeting. I was nervous, but with a little help, I got through.

I felt very proud to represent CDT and my peers. I was then asked to run the program and I accepted proudly.

*Double Trouble* meets every Thursday at 11 AM and it open to all.

Sonny J.

## RISK REDUCTION

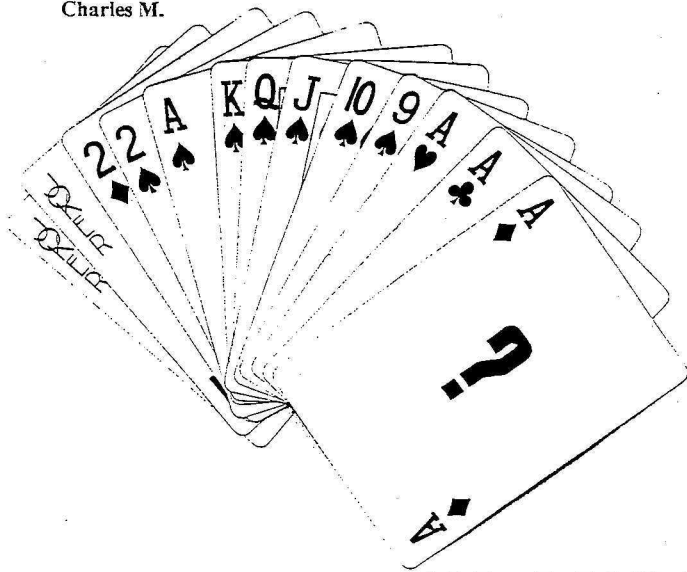
I went to this group and my experience was very uncomfortable because it touched on a subject very sensitive to me: human sexuality.

My peers and I were asked to name the sexual organs of the body using slang and inappropriate words.

At the end of the group I had built up anxiety. I wanted to leave early, but I didn't. I just sat there until it was over.

I thought the group was very distasteful and disrespectful. I won't go to *Risk Reduction* again.

Charles M.



## PLAYING BINGO

I like to win. I don't like to lose. Bingo's a fun game, and I like it very much. I like the stuffed animals prizes the best.

It's a good feeling to win. The best way to win is to keep the heart straight.

If you don't win, you have to try again.

Larry W.

## ACUPUNCTURE

From China, across three thousand years, with love; not "New Age", but well-aged, acupuncture is now one of the services offered by CDT.

The room, a designated "Quiet Zone", is on the second floor. Sara and Gwen, both certified specialists, benefit clients on Monday, Wednesday and Friday mornings.

This age-old therapeutic treatment helps increase the circulation of *qi* (the body's energy or life-force). The needles connect to *qi* and help to power the body's organs, allowing them to function more efficiently.

Since I have been receiving acupuncture I have been much calmer and relaxed and have been able to cut down on my medication.

Acupuncture is painless. The needles are small and extremely thin. Sara and Gwen administer them with no discomfort to me.

Overall, acupuncture helps me relax and reduces stress. It decreases my pain, increases my energy and immunity and normalizes my sleep. Mentally and physically, I feel clearer, more alert, calmer and more focused.

You can't lose by going. An added plus is the "lights-out" policy and the meditative music playing for the full forty-minutes of the process.

Try acupuncture! You'll like it!

Barbara R.

*RELATIONSHIPS*  
*TUESDAYS 10AM*

## *Creative Relaxation*



*Tuesdays*  
*1pm*

# HOME SWEET HOME

## The HERITAGE HOTEL

My place may not be much, but hey, it will do for now.

I watch television and read books. That's how I spend my time. Sometimes I visit friends.

In my room I have a small fridge to keep my sodas cold. I eat out a lot. I have a microwave, but you can't cook certain foods in it.

Freddie D.

## MONTICELLO MANOR

I get up early every morning two days a week to go to work at Sullivan Industries. I go to CDT to work two days at the Canteen.

I like working. I love everyone and at least trying to help others at work.

I always try to get up early. I also have some friends at the Manor.

There are cats outside.

Peggy Ann A.



*MUSIC AS THERAPY*  
*Thursdays 1PM*



## MOVING

I live in a half-way house, but not for much longer. This month I'm moving out.

I have a lot of anticipation inside and can't wait until the move takes place. I have a lot to do as far as packing and getting thing together. I hope all goes well.

Another thing I have to do is get a change of address from the post office and get all my money together so I can pay the first month's rent and security.

That is what it takes to move.

John O.

## BY GEORGE!

We all enjoy George's cooking! He runs the kitchen very smoothly. Lunch is always on time. Any time you look in the kitchen, he is busy.

He had left a few months ago, but we were all glad to know he was going to come back.

I'm sure all will agree: it's good to have George here!

Lil T.

# THERAPEUTIC TALES

MONDAYS

11AM



## PLEASANT STREET

Twelve of us live at the Pleasant St. Residence. It is a white house with six bedrooms, three bathrooms, a kitchen and a living room.

The staff wake us up in the morning and tell us to eat breakfast. We have cereal or pop-tarts during the week. On the weekends we have eggs, sausages or bacon.

After program we watch television or read. Every day one or two of the clients are supposed to cook dinner. After dinner we do our chores: sweep and mop the floors and clean the bathroom.

The staff members are very nice and caring. They take us to the movies once a month. They try to help everybody out by talking to us when we are upset.

Kendra P.

## COPING & EMOTIONS MONDAYS 1PM

## NARROWSBURG

Narrowsburg is located 25 miles from Monticello on the NY-PA border. If you like quiet, Narrowsburg is an exceptional place.

But if you don't enjoy quiet, Narrowsburg is not the place to be which I quickly found out on my arrival.

The atmosphere is nice. The people are nice. But the town only has a couple of stores, a bank, a post office, a grocery store and a few convenience stores which really took me time to get used to.

In the winter, it's very cold, but we all found some way to stay warm.

During the summer, the weather is beautiful and the people are all smiles. Narrowsburg is always moving with tourists.

James M.

## LIVINGSTON MANOR

I like the Manor because it's in a small country town with old stores. The roads are dirt and winding. There are street lights that line the street up and down and light up the whole town and then some.

But there are some stores that are closed up. We need a drug store where I can get my meds. Now I have to go eight miles to Liberty for them.

Most of all I like the bridge that goes over the brook by the school that has 800 students.

Mike M.

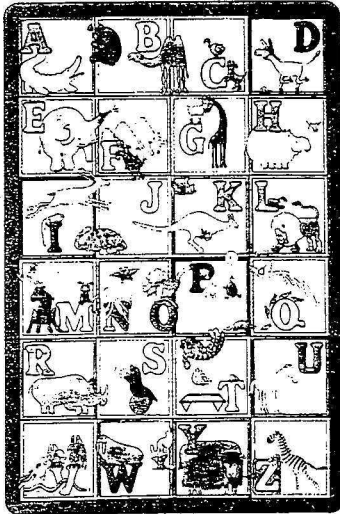
## PUEHLHORN FAMILY CARE

My husband and I live at the Puehlhorn Family Care Home and we are happy there. There are five of us living in a big, yellow house.

Our house mother takes us out on weekends to the Ames Shopping Plaza. We do our shopping at Ames, Shop-Rite and go to Dunkin'n Donuts for a snack.

Someone from church picks us up on Sunday mornings to go to mass.

Alice S.



## KELLY'S

I came to Kelly's about four months ago and found the staff and the people who live there not too bad.

We have three meals a day. There are fifty-seven rooms and some of them have one or two beds in them.

Kelly's is a good place, out in the country. We get to sit outdoors in the spring, summer and fall. There are about sixty-six people living in the house.

We go to Peck's Market Place on Wednesdays and Saturdays. We go to the doctors, the hospital and to the dentists. Every Monday, a lady comes in to do the women's hair. A barber for the men comes once a month.

Helen H.

**Pre-GED  
Mondays,  
Wednesdays,  
& Fridays  
10AM-Noon**

# THE BIBLE as LITERATURE

Mondays 10AM

Fridays 1PM

## "Zoos"

by Karen B.

At one time zoos were a place where the animals roamed free, mingling with the people. One day, however, a little yellow bird flew into a little boy's hands and he squeezed it 'til it died.

Since then, all the animals have been in cages to protect them from the people.

"RRRRRRWrap-UP!"

Barbara

Written exclusively by the people  
attending the Continuing Day Treatment Program  
in Monticello, NY

'Writing is enriching our lives.'