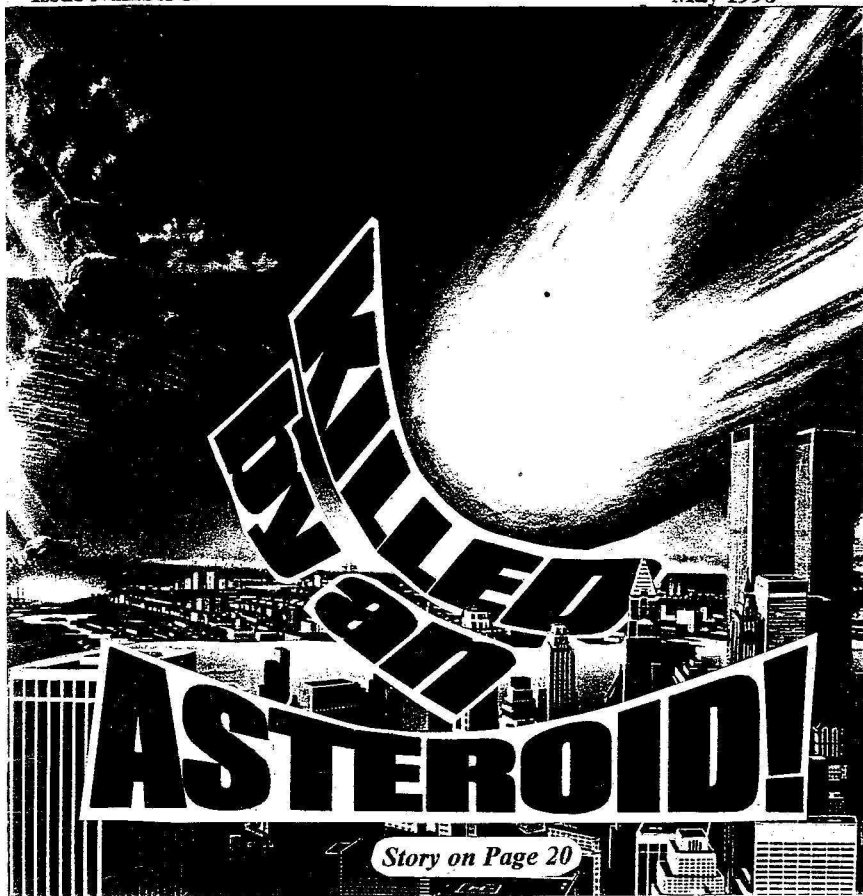


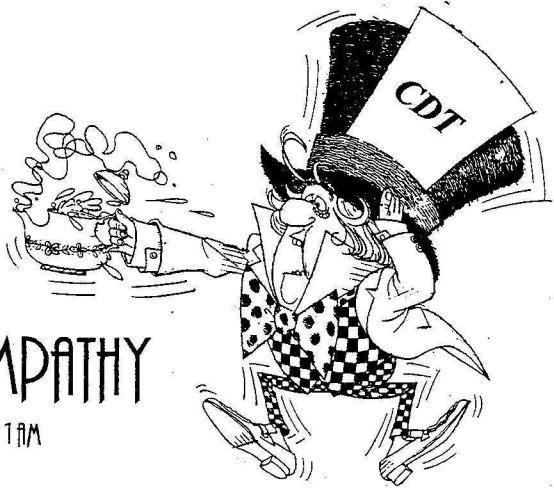
The Inner Circular *for Cathy*

"About us, by us."

Issue Number 3

May 1998





TEA & SYMPATHY

THURSDAYS 11 AM

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LIVING THE LIFE

MY FAMILY'S WILD LIFE

Every night in my back yard, my father feeds the deer. They come out of the woods and wait for him to come out of the house so they can eat.

The deer are brown and so are their eyes. They have brown and white tails, but no antlers.

"That means they're all girls," said my father.

The deer are getting used to my father feeding them at about 7 o'clock in the morning and at 5 o'clock at night.

This one deer follows my father as he is walking to feed them. As my father takes one step, so does the deer.

This deer gets to eat first. Then she leaves and my father feeds the others.

Lynn W.

HELPING OTHERS

All the time I get medication for three clients. Besides that, I do favors for anybody. At home, we all chip in for soda and I go get it.

I love helping people and sharing with them, and I'm very sociable.

Douglas R.

HOMELESSNESS

I have been homeless a few times in my life and I've seen and heard a lot about the ways of the world.

I became homeless and was looking for a place to live in the summer of '96. I had spent cold nights on street pavements, the marble floors of the Port Authority [Bus Terminal], after-hours joints, men's shelters and hospitals.

But there was only one shelter that was worth something!—*The American Men's Shelter* in Brooklyn.

There I was issued an ID card and a meal ticket for breakfast, lunch and dinner. I also got a bed and a footlocker with a combination lock to put my personal stuff in. Plus I met all sorts of people and talked with the counselors.

I never did get a place to live while I was there, but it sure beat the heat that summer and I made many friends.

Although my experience at *The American Men's Shelter* was good, homelessness is no joke.

Arthur A.

"I'm only one person."
Morton

EVERY YEAR

All of CDT gets out once a year for the FAMH dinner. We all sit together and socialize.

After we eat, the staff make speeches and give out awards. Then they hold a drawing for gifts. There's also an open bar for the people who drink. (I don't.)

It's a very entertaining event and we look forward to it every year.

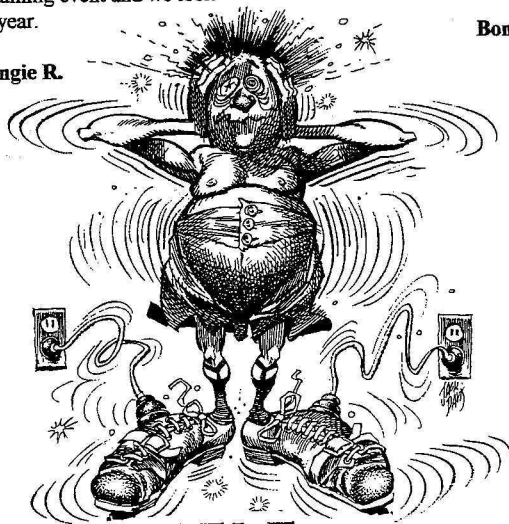
A HAPPY TIME

FAMH held a beautiful dinner for us. There were all types of people there. The service was excellent. Everyone was kind and polite. The speakers were well-groomed.

It looked like everybody was seriously content and happy at meal time.

Bonnie G.

Angie R.

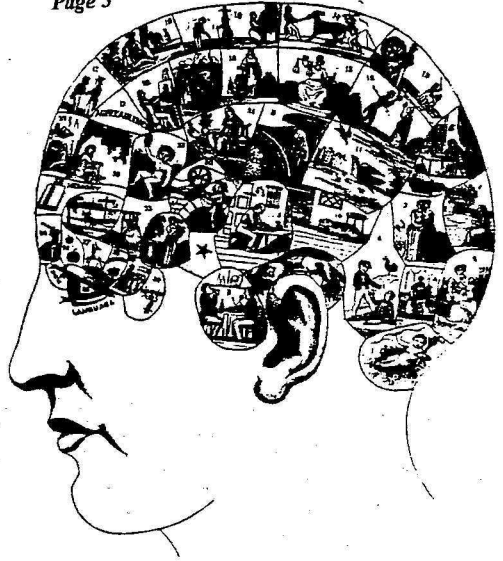


SELF- EMPOWERING

TUESDAYS 10AM

PSYCHO- LOGICAL TOPICS

TUESDAYS
11AM



GOING HOME

I would like to have a red home.

I live in Monticello Manor and I go to visit my mother in New York City.

I believe in the Jewish Holy Family.

I have a son named Patrick. He is going to be ten years old. I never talked a lot to him. Perhaps he will never know me. He was adopted by my sister and her husband.

My family are good friends. Sometimes people can be good to each other—sometimes not so good.

I have a job. I am happy.

Peggy Ann A.

COLLEGE

I went to college in 1990 and it was an exciting experience. I took two courses: math and a second class to prepare me to study in college.

I had a lot of friends and had a good time with them, but all did not work out well.

Near the end of the semester I fell sick and had to go to the hospital. I was there for three weeks and ended up failing both classes because I had missed too many days.

I have not been back, but I plan on returning one day.

John O.

BAD RIDE/GOOD RIDE

Last year the staff and clients from Pleasant Street went to Hershey Park.

I went on the roller coaster. This was my first time on a roller coaster and my last time. I was so scared I came out shaking.

Just before we left the park some staff members, my roommate and I got on this boat ride. Turned out there was this water fight above us and we got so wet!

I loved that ride. At least I had fun. Real fun.

Kendra P.

*"I'm not even that wild about
Elvis any more."*

Joann

BLOW-OUT!

The Number 2 Bus had just left our residence on Route 97. We were on our way to the Continuing Day Treatment Program on Route 52. We had gone about half a mile when...

BAM! went one our tires.

The driver pulled over and called for help and we had to wait about forty-five minutes before another bus came along to pick us up and get us to program.

While we waited we talked first about going to the bathroom where there wasn't a bathroom. *No way!* Then we talked about animals and that we would not get off the bus if there were a bear or a snake outside.

Helen H.

THE HONESTY BAG

Some time ago, when I was living in Pittsburgh, my daughter and I were driving to the store when we saw a bag in the middle of the road.

We decided to stop and pick it up. When we got it into the car we saw that it was a green canvas bag with the words *West View Bank* stamped on the side.

We sat there and laughed. Should we open it up? I was afraid it might have ink in the package [a security device which drenches a thief with yellow dye].

Well, we did open it and found company checks made out to thousands of dollars!

We took the bag to the police. I gave them my name and telephone number.

A few days later the manager of the bank called and thanked me for returning the bag. He said the driver who picked up the deposits dropped the bag from the bank truck.

Lil T.

OUTLOOKS

Everybody has a different outlook on life. Some wonder or rationalize what they want. Others think that people owe them.

Some try real hard to help themselves and make a difference on their own lives as well as other people's.

Others, when they go backwards, they will jump up and go forward again.

Jet W.

THE ROAD AHEAD

I've been coming to CDT for little over a year. The groups are interesting and I have a good advocate who's helping me get into VESID (a jobs program).

I've been trying for the last five years, but they've always closed my case. I was getting nowhere.

Now everything is falling into place. Last week I went for a VESID assessment. I took tests in math, English, spelling, mechanics and bookkeeping. The results will show me what I could be good in.

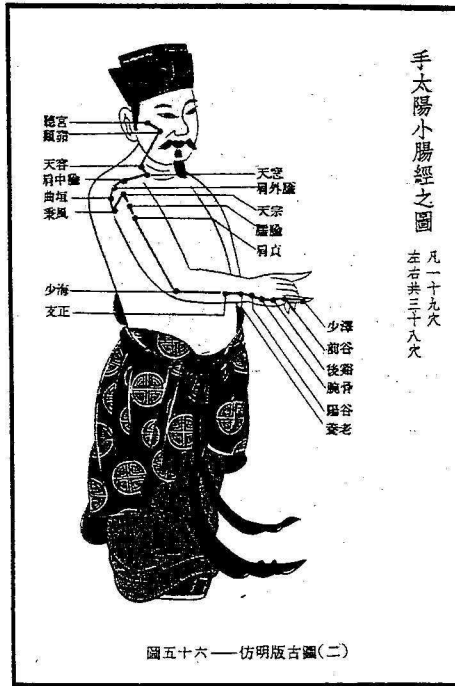
While I'm looking for a job, I can also get funding to go to school. I am happy that things are working out well. I have to call VESID in a couple of weeks to find out what I have to do next.

I'm also in a new band. We practice as much as possible, but I do have groups and meetings to go to. I have to put my sobriety first. Without sobriety I will have nothing.

A few weeks ago I played with another band and the owner hired us to play again. We'll make a CD when we're ready. I want to keep playing, and to do some studio work in the future. I hope things will turn out well.

Tom D.

*"The New York Mets two,
the Chicago Cubs one!"*
Sidney



ACUPUNCTURE IN THE MORNINGS 10AM

EDUCATION?

My mental illness stems from my experience in school. I was a slow learner; you could call that a mental illness or disorder.

I didn't go to kindergarten. I went into first grade, but I didn't learn to read and write until the fourth grade.

"I guess I could have been helped if I had been put into a special class for slow learners, but I wasn't.

In elementary school, 65 was a passing grade. In all the years I went, I never passed a single subject. I just didn't understand one thing the teachers said in eight years.

I couldn't focus on what was being taught.

It was the same thing in high school. I went for two years, but I didn't graduate. I really needed special help from the Parents Teachers Association, being mentally ill that way.

I got my GED diploma in the Navy.

With my Honorable Discharge, the GI Bill paid for a 1000-hour course in mechanical drawing. I graduated and was able to succeed in working as a draftsman or 14 years.

I guess due to the strain in school I was not focusing when people talked to me. Now I'm taking meds which help me to listen and understand what people are saying instead of thinking of something else when they are talking to me.

Sunny B.

MY NEW PLACE

I moved into my new apartment and I like it very much. I had moved from another place where I was living with 12 other people.

Now it's just my roommate and I. When we moved in we had nothing. Then I got my bed. It's the only piece of furniture in the room.

After some time we got our phone put in and then we got our TV hooked up.

I like living where I am and so does my roommate. We plan on staying here for a long time to come.

John O.

"I don't give a damn."
Douglas

SUMMER TIME

Everyone enjoys this time of year. Swimming and fishing. No school for the kids. Summer camps for some.

Working people usually take a vacation. Sightseeing, bicycle riding, waterskiing and surfing and romance, a man and a woman together in a boat or a canoe. Children with water guns having lots of fun.

Some people have speed boats. They go out for a long voyage.

People on vacation usually buy souvenirs.

Phil W.

JURY DUTY

Six months ago I received a questionnaire for jury duty. Four months later I got my notice. Nearly a month after that I went to the county courthouse at 9 o'clock in the morning.

[With a large group of people] I was finally called in at four-thirty in the afternoon!

They asked us the following questions:

"Do any of you know any of the lawyers?"

"Do you know the judge?"

"The defendant?"

"Have any of you ever been convicted of a crime?"

Finally, the judge, the lawyers, the defendant, and the court clerk went into another room to decide which of us would be on the jury.

I had to wait around all day while some people could leave in an hour. This experience was frustrating and annoying. It was boring and a complete waste of time. I wasn't chosen to serve on the jury, but I was still paid \$40.

Art S.

*"When I take it off, I really
take it off!"*

Barbara

MY MONEY

It all started when I received my retro-active check from Social Security...**\$10,000!** (Money owed me in back payment.)

I owed most of the money to my family ...**\$6,200**. The reason I owed them so much is because I had been an addict, spending a large amount on my crack habit.

We had a gathering last Sunday. I thought my family wasn't coming. They were the last ones to arrive.

They enjoyed the four-hour meeting. They ate like pigs and so did I. I'm making amends to my family by giving them all the money I owe them.

I guess my girlfriend wants to get paid in full, too! (Just joking.)

I've been clean for six months and I plan to stay that way. Life is beautiful and I want to be a part of it for as long as I can.

Carlos T.

MUSIC & ME

I love to hear music all the time. It calms me down when I get upset or mad.

I like the way it sounds. It gets me in a dancing mood. Sometimes music puts me to sleep.

Music is the best thing that ever happened to me.

Mark C.

MY LANDLORD

When I first moved into my apartment a year and a half ago, I thought my landlord was a good guy.

"How ya doin'?" he would always ask

Then it started to get cold and I asked him about the heat.

"The radiator goes on and off at a certain time," he explained to me. "And at a certain temperature."

One night it was unbearably cold. I started calling him. Over and over I called him, getting little or no response at all.

So I turned my oven on until the apartment got warm enough to sleep. Then I shut the oven off and went to bed.

Later I found out that my landlord hadn't checked the fuel levels in the propane tanks in the basement until it was too late. That meant us tenants would have no hot water or

cooking gas. But everybody in the building got sick with bad colds.

This went on for most of the winter. Nothing much changed with the coming of spring.

Then in May things got worse. My "good guy" landlord comes and tells all of us that we have to move because he owes the Village of Monticello some \$3000 in water bills and he can't or won't pay them.

We all started to look for another place to live, but that took a lot longer than everybody thought.

Meanwhile the landlord removed all our mailboxes from the front of his building and turned off all the power.

We had to move out fast. And we did.

Now I have a nicer place and I feel free and comfortable.

Charlie L.

A NEW HOME

I will be moving to another house in Monticello next month. I decided to move to be with my family. They will be helping with my new baby who is due in October.

A friend of mine will be helping me move my furniture and personal stuff.

My new place will be close to my son's school and all the stores. I will also be able to visit my Mom and Dad.

I feel very happy about the move.

Maria F.

MY WEEK

I come to Inner Circle Monday through Friday. I use condoms when having sex. I smoke about half a pack of cigarettes a day.

I enjoy people and like shopping and celebrations and holidays.

I go home on weekends to see my parents.

Brenda C.

DETERMINED TO SUCCEED

Being in recovery and coming to CDT means a lot to me; I have a chance to start my life over though I could never forget my past no matter how hard I try.

I will always remember the pain of the physical, sexual and mental abuse I have suffered. I also have major depression.

I have a lot of issues to work on. CDT's a start. I have a long way to go. But I am a survivor. I know that with help I can make it and change my life for the better.

Bobbijo S.

THE REWARDS OF RECOVERY

Ten years ago I was a basket case. My husband had had a massive stroke and was in the hospital.

I began going to see him every day, staying until 11PM. Lying in bed with tubes in his nose, he was unable to move. After a week of watching him suffer I just couldn't stand it any more.

Three years later he died.

I had started coming to CDT and I benefited from going to groups. Little by little I got better.

Soon I was confident enough to volunteer as a "guide" to show new clients around the program. I found a sense of love for them in every way.

I met one client who wouldn't talk or do anything. How much she reminded me of

HOME IMPROVEMENT

Sometimes this program can get to me. A couple of the clients continue to forage through the garbage cans. Other people don't take baths.

I think somebody should look in on these people and do something about them because I'm not the only one they upset.

Maggie B.

"In your grave I'll write an article!"

Corinne

who I had been! I would reassure her that she didn't have to tell me anything she didn't want to.

And just like me, she slowly came out of her depression and we became best friends.

CDT rewarded me with a special plaque. I was released, but I couldn't stay at home; it was just too boring! So I volunteered again to do kitchen work and to take of the young kids whose mothers were receiving treatment.

I am 86 years old. When I'm at home I start to reminisce. Sometimes I get depressed. I'm only coming to CDT once a week, but I'm thinking about coming in more often.

Looking back, it's been so rewarding.

Ann C.

BYE-BYE BIRDIE

Bill was my beautiful little bird. I got him about a year ago. He was blue-violet and white. He was smart and alert and he had the kindest heart. He was very young and affectionate. He loved me and the little girl bird with him in his cage.

Bill was so cheerful. He was always there, happy and lovingly waiting for me, always smiling and laughing. He was such a pleasure to have in my room.

My little Bill used to bang his beak against the cage, trying to find a way out. Last Monday afternoon when I came home I found him lying on the cage floor. I waited into the night for him to get up again.

The next morning I put paper towels around him and put him in a paper bag. I dug up a place for him in the backyard and buried him.

I will always love Bill and I'm going to miss him every day. I will never forget my special pet.

Carol S.

OBSERVATIONS

Many people have come to see us, but it seems they have not come very far. *Corinthians* is a book in the New Testament. Clients come in and out. I also believe there are good things to see on TV.

John A.

"Bleep, bleep, bleep-bleep!!!"
Too many people

IT Could HAPPEN to YOU!

What happens to people when the law sends them into the Psychiatric System to treat a mental illness?

It could happen to anybody who catches a cold in the head. For others, a bodily injury can cause it.

You will have an analysis. You will learn more about the world and have a stronger conscience.

Some people have a mental illness from the past. You can tell by their certain psychotic, angry moods.

Try to read books.

Joe N.

GOD and SCIENCE

Ever since Science became a way of life, people have turned around and away from religion. Whether or not Science is the Devil is for the future to see.

When Jesus came into the world, he was against money and other evil things, but today he somehow fits into society as a weekly event.

The truth is people need what people need. And everything bad will be last on the list anyway.

Wayne L.

GROUP GAB

BOCES

I go to the Board of Continuing Education (BOCES) on Mondays, Wednesdays, and Fridays because I want to get my GED.

In the BOCES classroom, I work on math, spelling, English, social studies, and science. I like all the subjects in school.

I try my best. There are at least 15 to 20 students in the class. Sometimes it gets so loud that I can't concentrate.

When I started the class at BOCES, my academic scores were low, but I've made a lot of progress. I like it when I get high scores, so that I can get my GED faster.

Kendra P.

PROBLEM SOLVING TUESDAYS 10AM

TRAUMA TALE

A new CDT discussion group deals with any kind of experience which brought us tremendous emotional pain.

My story dates back to the late 60s through the early 70s when my brother and I were teens and beginning to develop our own independence.

But our parents were so wrapped up in their own problems, especially my mother's difficulty in coming to terms with her epilepsy, that they could no longer be effective parents able to maintain a normal, healthy marriage.

Things took an eventual turn for the worse driving them farther apart and Mom over the edge; twice she attempted suicide.

First there was the wrist-slashing (that didn't work), then the overdose of her meds!

After numerous unsuccessful attempts to revive her at the hospital emergency room, she passed away the following morning.

Her death hit me like a ton of bricks and sent me into a two-year bout with depression.

After treatment, I am much stronger. Having grown from the experience, I know now that suicide is the coward's way out!

Brenda L.

WORKING IN A WORKSHOP

Five years ago my advocate felt I should have some gainful employment, so she sent me up for a Readiness Assessment. My scores meant I was ready for work, but that I needed help. I then met with a rehab counselor in charge of the vocational programs at the Middletown Psychiatric Center's sheltered workshop.

My first day they decided to try me out putting spoons into the Halloween decoration bags. I did 109 bags and my supervisor was impressed.

Then I was evaluated. I didn't take the whole test; I had some issues at the time. However, I did really well scoring almost 100%.

I stayed in the workshop and did lots of different things—put combs into bags, make-up samples into bags, and collated letters. My favorite job was sealing the bags the combs came in because I could work independently.

Unfortunately, the workshop was closing down; I had to go to another program. My advocate felt I was ready for a more challenging position once the workshop closed down: the housekeeping program.

In my new job I helped keep the training and business offices clean, took out the garbage, dusted the equipment and swept and mopped the floors.

The workshop program was the best work experience in my life and I will always treasure it.

Franky A.

PERPETUAL REPLAY

Everybody knows that I follow baseball and I frequently announce the scores that I read in the paper.

This year a new record has been set by Mark Magwire, the first baseman of the St. Louis Cardinals. He has hit 27 home runs before June 1st. If he continues to hit home runs at this rate, he will hit *98 home runs* by the end of the season!

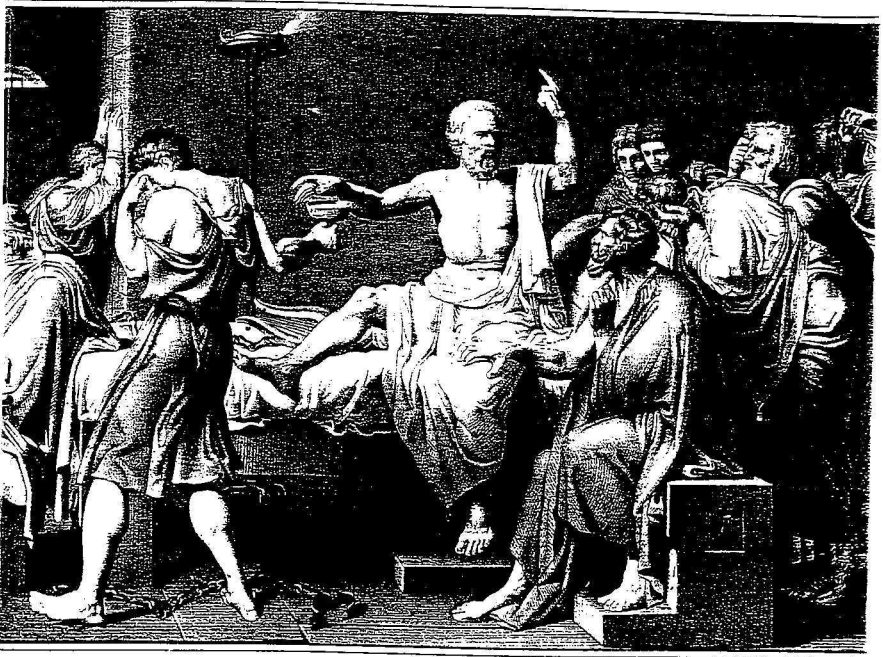
As everybody knows, the record number of home runs in one season is 61. If somebody asks me how many home runs Magwire has hit this season, I would say, it's 27. That must be the answer. Mark Magwire has hit 27 home runs. That's right. Marc Magwire hit 27 home runs. How many home runs did Maguire hit? He hit 27.

Before I end this article, I just want to say that I can't stand people who keep repeating themselves. What kind of people can't I stand? People who keep *repeating themselves*.

Now I ask you, what is the question you are asking me? The question you are asking me is how many home runs did Mark Magwire hit. So far this year, the newspaper said he hit 27 home runs. What did the newspaper say? It said that Mark Magwire hit 27 home runs.

When I was young, I wanted to be a baseball announcer like Mel Allen. Now that I'm older, I think the least I could do is give out all the scores to the other clients.

Sidney B.



THERAPEUTIC TALES

MONDAYS 11AM

TRAVEL

WHY I WANT TO GO TO AUSTRALIA

1. It's my favorite country to read about.
2. I used to visit the Australian Consulate.
3. I like the way Australians talk.
4. In Australia there are TV shows from the 60s and 70s.
5. There are black folks in Australia.
6. When I had a short wave radio, I used to listen to the Australian station.
7. I hope I can have an Australian Greyhound bus ticket or an Anissett Airlines ticket or an Indian Pacific train pass..
8. You don't need a shot to go to Australia.
9. I'd like to meet the aborigines.
10. In Australia they have textuary school.
11. There's no Generation Gap in Australia.
12. In Australia, vacations are three weeks long.
13. They have flying centers.
14. Australia is a peaceful country.
15. In Australia you see animals nowhere else on earth.
16. When it's summer in the USA, it's winter in Australia. When it's winter in the USA, it's summer in Australia.

Martin R.

TO TENNESSEE

Last month I flew down to Tennessee with my mother to visit my brother. He's a doctor who also owns a ranch with a hundred head of cattle. He works very hard doing two jobs.

He lives in a rural area about 165 miles from Knoxville. He works as a doctor in Oak Ridge. He has a four-year old son.

My brother took me to see a veterinarian help a calf being born. Without treatment, the calf and its mother would have died.

The people of Tennessee are very religious and very nice. We went to Dollywood. The vacation was really great!

The night before we flew back we went to a Mexican restaurant even though my mother and I were on diets usually just eating salads.

It was a very relaxing trip.

Darlene D.

"Are you gonna talk about dinosaurs?"

Frank

STARTING OVER

Not knowing whether I want to live or die from one day to the next...

Feeling alone in a world full of people...

Feeling sorry for myself and what the world has become...

Making people fear me so they don't get too close...

Not knowing who or what I want to be...

Afraid of myself and what goes on in the world...

Now I'm getting over all the pain and misery. I'm going through a lot of changes and sometimes it's not easy.

I believe that God is watching over me and helping me through the tough times. I'm enjoying life today and learning to appreciate the little things.

Sometimes I feel like I'm a kid again, starting over and learning how life should be. Life isn't always perfect, but mine is a lot better than it was.

I'm scared to go back there. I can't say I never will. I'm living one day at a time and I thank God for the opportunity to start over again.

Dan G.

"I don't feel well. Why is that?"

Morton

WISHING

I wish to get well. People tell me that my medication is just to help.

I wish I could be like the others at CDT. They are smart people! Why am I so dumb? How can a person be smart? Does it really take time?

Peggy A.

LIFE AFTER IPRT

My life has definitely improved after **IPRT**. I earned my GED diploma and then took a basic typing course. But I had to stop going to class because of health issues.

Right now I'm sticking with my volunteer work with the CDT Secretary. I also continue to do volunteer work for the **IPRT** Secretary.

My jobs are making copies, mostly worksheet assignments, and sometimes I do some filing, organizing the **IPRT** file cabinet. I also assist the nurse with lab papers.

I still attend groups in CDT, especially *Improving Self-Esteem* because it gives me a different perspective on life.

Another terrific group is *Creative Arts & Crafts* which is teaching me about my different moods through colors and painting. It is a very relaxing and comforting group.

Cheryl D.

WORKING

AMERICAN EXPRESS

In 1972, I trained for two months to work for **American Express**. I typed letters for them and mailed checks.

The office was a big modern building located on Wall Street in downtown Manhattan. It was beautiful. I loved it very much.

Carol S.

"Who am I?"

Roxanne

TEMPORARY TYPIST

There was a time in my life when I tried to earn some money. I worked with a temporary employment agency.

I tried to be a typist helping out in office work places. I was sent to different offices and made a few dollars.

At that time I had to wear glasses to drive. I got to work on time.

It was nice to feel that a person like me could be good and do something nice,

Bonnie G.

SEEING STARS

Working at the Concord Hotel wasn't all work. I got the chance to meet famous people like Milton Berle, Jackie Mason, Jerry Lewis and other great stars.

When I showed Sammy Davis Jr. my Star of David medal, he chose me to be his bellhop. But then he only tipped me \$5.

My most exciting experience was meeting Judy Garland [who played 'Dorothy' in *Wizard of Oz*]. Once when she was watching her daughter Liza skiing, I helped her over a snowbank. I held Judy's hand so she wouldn't fall. I got such a charge out of that.

I once drove Miss Garland down to New York City. She was so nervous that she wouldn't allow me to drive faster than 45 mph.

When we got to her East Side apartment, she didn't have any money. She had to borrow \$5 from the doorman to tip me.

Lenny S.

"You think I'm pretty?"

Sandra

EDITORIALS

CLEANING UP

I have been in the Mental Health System for a lot of years and it upsets me that so many of my fellow clients don't take showers every day.

I understand that when depression strikes, people suddenly stop taking care of themselves. Some of the clients here have an awful odor coming from their bodies; I think that they should make an extreme effort to take care of themselves--make a pledge to take a daily shower.

One client who handles our food in the kitchen has a terrible smell coming from his body. Someone should call it to his attention.

Cleanliness is next to Godliness, the expression goes. If everybody made it his or her business to shower every day, I believe it would bring all of us up in spirit and mind.

Jose M.

"I'm workin' on it."

Art

HEADING NORTH

There are no opportunities for me in Monticello because there is no transportation to get around. No opportunities for jobs because there's no funding in Sullivan County.

Monticello is going broke. By the year 2000 it will be a ghost town.

I want to better myself and get a high-paying job, better schooling, and a chance to grow.

It will be a struggle for me up north because the area is new for me. I won't know what to expect until I get there. But I do know that the change will be a challenge.

Charles M.

FOSTERING AN IDEA

A very important service is missing from Continuing Day Treatment: foster care for adults who are alone while recovering from mental illness or dual diagnosis.

Children get foster care. Why not adults? Especially adults who are ill and alone!

I hope some serious planning will go into this idea.

Diana L.

KILLED BY AN ASTEROID!

Working in the film industry and acting is tough work, especially while recovering from mental illness.

I enjoyed being a featured extra in the Morgan Freeman flick **DEEP IMPACT** [A movie in which a giant space rock slams into the Atlantic Ocean unleashing a towering tidal wave, drowning millions of people on the East Coast] due out May 8th.

It was challenging, leaping over cars in the 90 degree heat of New York City's Washington Square, and cheering the President in seedy Times Square.

I've also done theater work, facing tough yuppie families playing Santa Claus at the Grove Street Playhouse in Greenwich Village.

On another film, I won the praise of a Korean director for my role as an erratic cafe patron in the Eastern flick **WINDY CITY**.

I played an amiable busboy with the old dishrag wipedown trick in **SIX WAYS TO SUNDAY** with Deborah Harry.

I roughed it back on the bus in a small independent movie called **ASTORIA FIX**.

I feel my mental illness has helped my creativity and I'd be less of an actor if I had total sanity.

As I write this, I'm heading back to New York City for a part in another movie.

Edwin H. (MHA)

THE UNITED WAY

The **United Way** is a charity organization which receives money from people all over the country to help fight cancer and heart disease. The **United Way** also gives money to Mental Health.

The main part of my job is messenger work. I go the banks and deposit the donation money. The job consists of a lot of walking!

I also walk to the post office to mail letters and receive mail including donation checks. The money will then be used to help people.

Besides messenger work, I also flatten down cardboard boxes and newspapers, tying them down with cord for the recycling truck.

Sunny B.

"Got a cigarette?"

Too many people

CLASS SECRETARY

I am our teacher's secretary. I help him with paperwork and then I place our daily lessons into our Pre-GED books.

Being a class secretary is a lot of fun. I love to work hard and glad to be able to help my teacher.

Maria S.

SURPRISE VISIT

Two weeks ago, you couldn't imagine my shock and surprise when I looked out my window. There in the driveway I saw my brother and his wife!

I had not expected them to visit me. They had not called. I was happy to see them.

They took me to the beauty parlor where my hair was trimmed and colored. Then we went for a cup of coffee together.

During our conversation, they asked me if I wanted to live with them. I was stunned! I could not reply.

My brother's wife apologized for not visiting me more frequently.

They live in Naples, Florida, which is at the western end of a very famous road called "Alligator Alley". I remember reading that Alligator Alley was the cause of the near extinction of the Florida panther because so many of these cats had been struck by motor vehicles that went very fast on that stretch of highway.

Then I thought to myself that it seems that people are more concerned about the fates of animals than they are about human beings like me.

When they left, I understood how lucky I was to be in good health and able to attend CDT as often as I do.

I would like to move to a more independent life, however, because one of the male residents at the home is a real nuisance.

Jane F.

MOTHER'S DAY

My husband and I were waiting to go into the courtroom when we observed a woman heading into the conference room accompanied by the County Attorney and a social worker from the Department of Social Services' Child Protection Service.

It seems that for whatever reason, the County jumps ahead and puts children into foster homes. We mothers are then told to take certain steps to change our present situations for the better... Which we do, but we are damned if we do and damned if we don't.

You can imagine what negative emotions this Mother's Day triggered for those women, including myself, who have lost their children, some even stripped of their parental rights.

Brenda L.

AFTER THE CEREMONY

Well, the wedding is over. What a fabulous time we had!

My daughter looked beautiful. The super decorations were done by my son. I helped a little myself.

My daughter and her husband are planning a cruise. He's afraid to fly. I offered to get him a parachute.

The music at the wedding was the best and the food was superb.

Lenny S.



**CURRENT
EVENTS
THURSDAYS
11AM**

PHOTOGRAPHER'S ASSISTANT

My job consisted of doing all the black-and-white processing and print, location scouting, model test shots--everything the professional photographer doesn't want to do.

Assisting a photographer can be an exciting experience, but at times, mundane. There are perks: meeting famous people, trips, use of studio equipment.

To be a photographer's assistant is more than earning a living; it's an apprenticeship.

James L.

"I think school is good!"
Jerome

SHOP-RITE

My work is hard, but I do my best. Sometimes my job is fun. Other times it isn't.

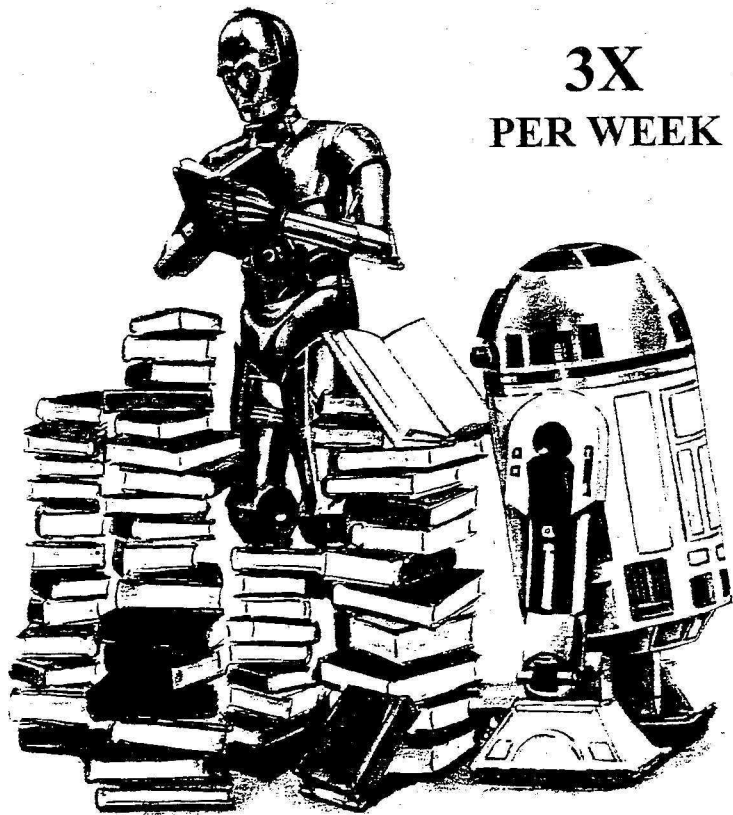
I am a bagger at the check-out counter. I also round up the shopping carts in the parking lot.

Working at Shop-Rite, I get to meet people and make friends. I am also putting money in my pocket and food on my table.

Clive F.

PRE-GED

3X
PER WEEK



PAINTING

A friend of mine offered me a job to help him paint a house. We're both real good at house painting. But the owner of the house is only giving us \$400 (off the books) to paint the *whole* house!

Professional painters charge up to \$2,000 to paint a house that big. The owner should pay us more. All the hours we've put in divided by what we're getting comes out to about \$2.00 an hour.

We work about six hours per day. What *stress* this is! It's April and we get money only when there's no rain and we actually paint. We won't get done till next month.

But I'm desperate. The extra income really helps.

Angel S.

TWO JOBS

On Tuesdays and Thursdays I work in the CDT kitchen.

On Mondays, Wednesdays, and Fridays, I travel by bus to Fallsburg with the disabled people.

I sign up for Disability Benefits and Social Security Benefits. I think they all get benefits at Angel's Family Care Group Home.

Linda Lee B.

CERTIFIED NURSING ASSISTANT

I have worked at the Walnut Mountain Care Center for a year and I love every minute of it.

For my job I have to have a lot of love and patience. Many of my clients are seniors whose families just put them in a nursing home and left them there.

That's where I come in. I assure them that they are not alone and that someone cares.

I thank God for giving me the gift of helping others and being able to brighten their lives.

Sonny J.

BACK AT WORK

I recently started working again and coming back to recovery meetings.

I work at a restaurant. I talked to a nice young lady to get the job. She had told me to just walk in and take an application. So that's what I did.

I started last Sunday night. The owner called me and we worked it out. I'll be working for three days while he arranges a schedule for the rest of the week.

My duties are mainly dishwashing and general kitchen work. My hours are from 6PM to 9PM, but I usually get off later.

I love it.

Mike H.

DRUG REHAB

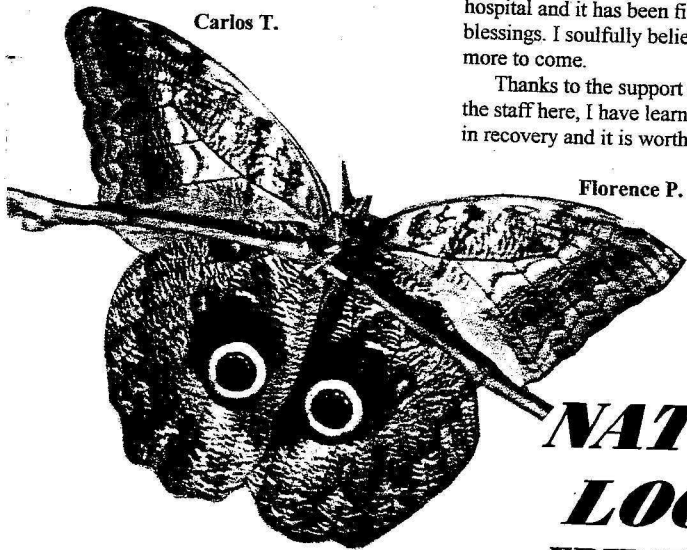
What's going on with me? I feel confused about choosing life or death. I was in a 30-day rehab program. I still could have been high because of what I saw in the hospital.

I was bugging out—I thought I was in the streets back in *el barrio*.

Now I'm looking for another rehab program. This time they'll have to kill me to get me out.

I'm happy I have eleven days clean. I plan to stay that way.

Carlos T.



MY INNER FAMILY

When *Women's Choices* (a SCADAS rehab program) ended, I felt lost, helpless and out of focus without any self-respect. We had been more than a group; we were a family who supported each other through good times and bad. We had been there for each other—mothering, caring and sharing. We pulled together and we prayed together.

When it was over, I gave in, but there were a lot of counselors and peers who didn't give up on me.

It is now only my second week out of the hospital and it has been filled with blessings. I soulfully believe that there are more to come.

Thanks to the support of my friends and the staff here, I have learned that there is life in recovery and it is worth living.

Florence P.

**NATURE
LOOK
FRIDAYS 10AM**

DOC TALK

WEDNESDAYS 11AM



ON THE WATERFRONT

In 1957, my grandfather got me a job. He had connections in the long shoreman's union. I worked on Pier 51 down by Greenwich Village. That same year there was an embargo against shipping to Cuba.

I was out of work for a while, then got back on the docks in 1960.

Sometimes there was trouble. Guys would unload three bottles of whiskey and take one. Caught a 'Shylock' charging extra money. He disappeared.

Deck work started early. Running up the booms for moving cargos around. Head of ship boss told us what to move and where. We served three ports: London, Glasgow, and LaHarve. Unloaded and stacked everything from heavy duty machinery to porno magazines.

Once I got a subpoena. The law was investigating organized crime on the docks.

I had a permit to carry a gun. Kept a .32 pistol under my arm and a box of bullets in my pocket.

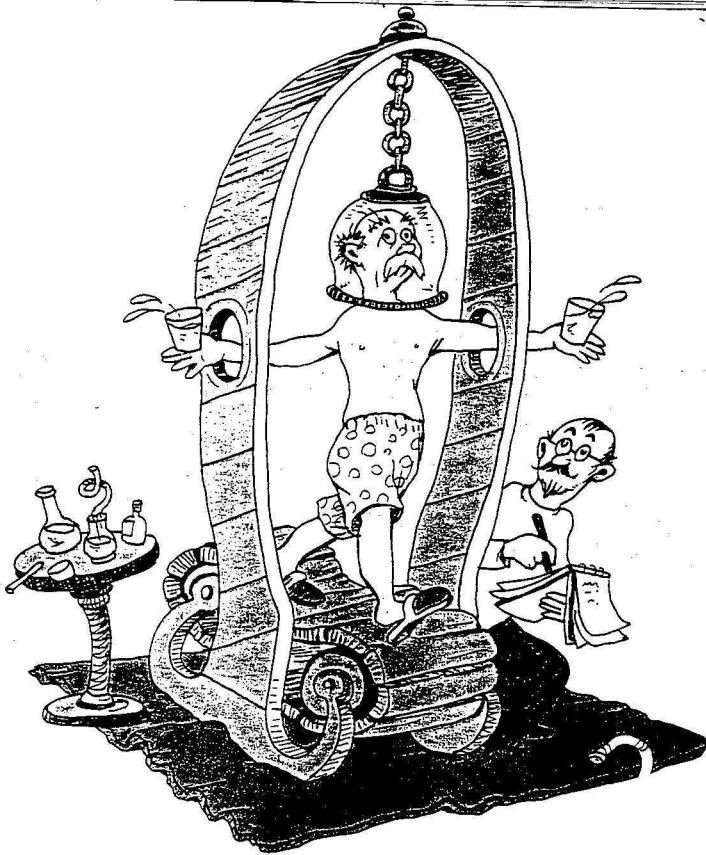
One day I found a little microphone in my house. The FBI had tapped my phone, too. I went to the Waterfront Commission to find out what was happening. Some guy blocked my way. I knocked him down.

I had the job until 1971 when the pier closed down to store freight under the highway.

I went back to the "hole gang", Pier 19 on Staten Island. I discharged coffee and a lot of Japanese goods.

I enjoyed working on the docks. It was a challenge. But mental illness got in the way and I was off the waterfront after 14 years, one year short of retirement with half a pension. I'd be getting \$1,400 a month if I could have lasted one more year.

Anthony P.



STRESS REDUCTION
TUESDAYS 10AM



*Dream
Games*

Fridays 10 AM