

**Social Rehab  
News**

# New Visions Newsletter

Volume: 5

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Keep eye out for bonus

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## Lunch & Learn

On September 15, 2010 four members and two staff learned how to make healthy beef vegetable soup from scratch. Together we also learned the proper etiquettes of eating soup. Everyone seemed to enjoy learning together and are looking forward to the next lunch and learn day. Staff would like to thank the members who attended for giving it their best try and for all their help in preparing the meal.

The next lunch & learn will be October 6th with Susan P. who will be teach how to make a healthy salad and the proper etiquettes that go along with salad. We hope to see you their. Remember to sign up as it is for the first 8 interested.

~ Jen R.

## Thought's From the Coordinator by VaVa R.

Fall is in the air! And it's Rummage Sale time again. Thanks to everyone who has helped carry things in for the rummage sale. We are only having it for one week this time, so we have to make our monies during that time. This is our busy part of the year with all the holidays so I would like to say let's all have patience and enjoy. After the Rummage Sale, we start out by having our Halloween Party and Dance on the 29<sup>th</sup>. Hope everyone will come and dress up. This starts our new quarter so let's support new groups and the facilitators. We are happy to say we have four groups that are run by our members. Anyone wanting to help with a group please contact one of the staff. Thanks for everyone's involvement. VaVa

### Newsletter Staff

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# Creative Musings by Staff and Consumers

This poem was found by Charlene M. to share with everyone.

## This is the garden: colors come and go.

This is the garden: colors come and go,  
Frail azures fluttering from night's outer wing,  
Strong silent greens silently lingering,  
Absolute lights like baths of golden snow.  
This is the garden : pursed lips do blow,  
Upon cool flutes within wide glooms, and sing,  
( of harps celestial to the quivering string)  
Invisible faces hauntingly and slow.

This is the garden. Time shall surely reap,  
And on death's blade lie many a flower curled,  
In other lands where other songs be sung,  
Yet stand they here enraptured, as among,  
The slow deep trees perpetual of sleep,  
Some silver-fingered fountain steals the world.

## *A look at history by Holli S.*

### *Jennie Wade*

Jennie Wade was born in Gettysburg, PA. She was 20 years old when she died. She helped her mom with the work and she helped with the mending, this helped bring in some money for food and other things they needed to live. They also took care of a little boy since he could not be by himself. She had a lot to be happy for. She was to married as soon as Jack got home and her sister was to have a baby soon. She would have to wait to be married as Jack was at war just as her sister's husband was. Jennie's mom and brother and the little boy they were taking care of all went to her sister's house. Jennie was a big help while her mom took care of her sister, she had a new baby to take care of now. The house had two sides. There was a family. Jennie loved taking care of the soldiers, but on July 3, 1863 all of that would end because Jennie was killed while baking bread and other things. The house still stands today and has the same holes as it did 100 years ago. But one stands out more, the one in the door, which was the one that was made by the killer bullet.

~ Holly S.

## **Humor by Steve M.**

### Baskin Robbins

Two robins were lying on their backs, basking in the sun. A  
mama cat and her kitten were walking by.

The kitten complained, "Mama, I'm sooo hungry, what can we  
eat?"

To which the mama cat, spying the two robins, replied, "How  
about some Baskin Robbins?"

## **Ask Christine and Lynn**

Dear Lynn,

I am always finding myself looking at things I want but know I don't have the  
money for them, what can I do so I can have what I want and what I need?

Signed,

Over Spender

Dear Over Spender,

The best advice I can give is to make yourself a budget. If you are able to after pay-  
ing all the needs try putting the leftover on the side in an envelope or in the bank and mark Wants.  
Saving up little by little will take time but the time will be worth the wait, then you will be able to  
have what you want and what you need. Sometimes we think we need right away, but giving it time  
we can shop around plus be able to not overspend. I hope this helps .

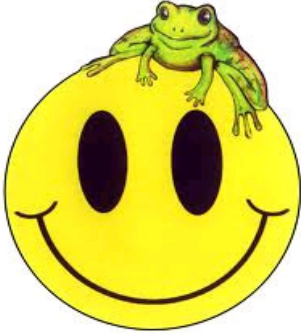
Signed,

Lynn

## **German to English by Mike K.**

Verkehrszeichen– Traffic sign	Mechaniker– Mechanic
Hugel– Hill	Lastkraftwagen– Truck
Wanderer– Hiker	Rennwagen– Racing car
Zaun– Fence	Motorrad– Motorcycle
Limousine– Limousine	Burgersteig– Pavement
Zapfsaule– Gas	Wohnwager– R.V.
Tankstelle– Gas station	

## What a Gem for going the extra mile ... By Jen R.



What a G.E.M. is Floyd H. for cleaning the cigarette area. Keep up the great job!

What a G.E.M. is Joel T. for helping put the tables and chairs up every Tuesday and Thursday. Keep up the awesome work!

What a G.E.M. is everyone who has been helping to carry things in for the rummage sale. Your help is much appreciated. Keep up the great work!

What a G.E.M. is Amber O. for always making sure coffee cups and newspapers are keep in order. Keep up the awesome job!

What G.E.M. is everyone who has helped in clean during the week. The center looks wonderful and everyone's help is much appreciated!

What a G.E.M. is everyone who has been helping to carry things in for the rummage sale. There is still lots more to be carried in as the items come from those donating but thank-you to all in advance for your help! Keep the Great work!

Jen R.

