

A Publication of Crossroads Clubhouse Established 1989

*FEBRUARY 2010*

# CrossCurrents

A Service of Riverside Community Care  
11 Williams Street, Hopedale, MA. 01747 (508) 473-4715  
[www.crossroadsclubhouse.org](http://www.crossroadsclubhouse.org)

It's that time of  
year again!

## Crossroads Clubhouse

11 Williams St.  
Hopedale, MA 01747

**Annual  
Pancake Breakfast  
Fundraiser**



**Ready for  
Pancakes?**



**March 14th 2010**

**From 8:30 am to 12:30pm**

**\$7 for Adults and \$4 for  
Clubhouse Members and  
Children under age 10.**

**Expect the usual...**

**...A full Breakfast**

**A Raffle Contest with Fabulous  
Prizes...**

**An Art show...**

**...50/50 Raffle**

**...And all Proceeds  
from this Event will be used for  
Special Projects and Activities**



**For more information  
you can contact ....**

**Val Comerford  
...at 508-473-4715**

**\* A Service of  
Riverside  
Community Care**

**Warm Line Connection (Beeper): 978-629-8485  
Hours: 4:00pm-7:00pm and 10:00pm-12:00am daily**

**Inside This Issue**

***For Valentines Day***

***My Road to Recovery***

***Winter Falls***

***Congratulations to Crossroads***

***In The News***

***People Helping People to Succeed***

***Recipe***

***Wish List***

***Another Political Foray***

**Color Consciousness For Valentines Day**

Colors propel their presence in all locales and objects that we encounter in our day-to-day activities. Colors also specify certain moods and qualities. Take a glimpse at the significance of colors and use them appropriately in your Valentine's Day attire and gifts.

**Red** is the color of energy, liveliness, love and sexual passion. Red communicates your passion towards your beloved and towards love itself.

**Pink** is an expression of freshness, love, affection, understanding and sweetness.

**Orange** is the color of energy, creativity and practicality. It also denotes happiness and can pep up your moods when your spirits are too low.

**Peach** can bring about care, sweetness and serenity in your love.

**Yellow** signifies inspiration, spontaneity, communication and novelty. This color's liveliness and vitality encourage conversation.

**Light blue** symbolizes creativity, perceptivity and sensitivity. It also ushers a peaceful and a calm scenario and so is effective to smoothen or balance your emotions.

**Dark blue** signifies intelligence, self-reliance and deep feelings. A combination of blue and green can promote self-expression.

**Green** suggests humanism, benevolence, observance and caution.

**Purple** denotes intuition. Purple is purely feminine and a light purple or a mauve outfit will generate cuteness on Valentines Day.

**White** is the color of purity, optimism and innocence. It consists of all the colors in the spectrum. White roses given to your beloved can mean 'You are celestial' or 'Our love is pure'.

**Grey** denotes good judgment capabilities and also non-involvement.

# **CrossCurrents**

Riverside Community Care

Page 3

## **Clubhouse Hours of Operation**

**Monday-Friday**  
8:30am-4:30pm

**Monday-Friday  
Morning Meeting**  
9:30 a.m.

**Tuesday**  
8:30am-4:30pm  
**Young At Heart** 1:15pm  
**Job Club** 2:30pm

**Wednesday**  
8:30am-4:30pm  
**Planning Meeting** 9:00am  
**House Meeting** 2:30pm  
**Dual Recovery  
Anonymous Meeting**  
4:00pm-5:00pm

**Thursday**  
8:30am-4:30pm  
**Social** 4:00pm-6:00pm

**Friday**  
8:30am-4:30pm  
**Dual Recovery  
Anonymous Meeting**  
4:00pm-5:00pm

## **My Road to Recovery**

*By Diane E.*

Six months ago, my life was becoming a total washout. Due to my gambling my life was falling apart. Nothing else mattered but the next scratch ticket, that next buck to buy it with. I stood outside of stores, asking people for money, and they gave, often making ten dollars in an hour. But it all went into buying a ticket.

But all of a sudden, people stopped giving. Luckily, I found a friend. She introduced me to DRA (Dual Recovery Anonymous) and it helped put back the structure I needed into my life. The obsession I had with money eased up somehow. Like drinking, I still get the urge, but I can live with it. Life is easier to manage.

I got a coin (24 hours) and another (30 days). I'm still struggling with my gambling, but at least I don't feel like my life is coming to an end if I don't play that next ticket. Life has enough risks in it as it is. I now try to be more careful with my money.

Gambling is a disease, an illness. But there is strength in numbers. DRA helps me find strength. And that is the only way to find peace, is through strength. Other people say "Oh that's not true, you have to be tough to gamble." I say to you, you have to be tougher to say "No. I don't gamble".

My gambling was making my life a living hell. But at least I have a handle on it. Gambling is a mistake that I made in life, and now I have to "play out my hand" or "pay the piper". I'm hoping a twelve-step program may help.

There are others out there who are suffering the same. Hopefully, they'll find a meeting and some peace.

# **CrossCurrents**

**Riverside Community Care**

Page 4



## **Winter Falls**

*By Eileen M.*

Winter falls on cold a breezy morning. Snowflakes fall on my hair and everything is peaceful. The snow season is as cold as an iceberg. The Christmas season is just over, but that doesn't stop the snow from falling. The snow blows on my face as I walk the path to Crossroads. When it is very cold outside I dress very warm with gloves, a scarf and a coat.

## **A Fresh Start**

*By Eileen M.*

I am so excited! It's time for me to make a fresh start. So far this season, I am going to get new furniture for my apartment. I'm also cleaning and arranging my apartment. It is like I am at a new home. I definitely have Carla R. to thank for helping me throughout the days with working and sorting things out. Also, I would like to thank Mark S. and Paul S. for moving out my old couch. It's definitely time to keep things neat and in their own place. When I get my new furniture my apartment will be in order, neat and clean.

## **Congratulations to Crossroads Clubhouse - 3 Year Certification!!!**

*By: John G.*

Crossroads Clubhouse was recently informed that the ICCD had given it a three year certification. The clubhouse had been getting ready for this certification for many months to prepare for the ICCD's visit on September 13<sup>th</sup> of last year. This certification is great news! The clubhouse's members and staff worked extremely hard and were very dedicated to this event. It is expected that Crossroads will continue to maintain its high standards and make it through another three years for the next certification. Thanks to everyone who contributed to this important event; any type of help, whether big or small, made a world of a difference. Way to go Crossroads!!!



# CrossCurrents

Riverside Community Care

Page 5

## *In The News:*

Members and staff from Riverside Community Cares' Crossroads Clubhouse came together on December 25<sup>th</sup> to enjoy a Holiday meal donated by the Bugaboo Creek Steakhouse in Milford. The Restaurant Manager, Brian Libby, has donated a prime rib dinner complete with dessert and all the fixings for 30 Clubhouse members for four years in a row.

From left to right, George B, Val Comerford, David W(back), Eileen M(front), Paul Salvucci



# **CrossCurrents**

## **Riverside Community Care**

Page 6

### **People Helping People To Succeed - Social Cohesiveness Within The Clubhouse**

*By Carol P.*

“People helping people to succeed”... so says the Crossroads Clubhouse community song. I believe that this is a true and accurate statement as far as clubhouse is concerned. An important item to note is that “the right for meaningful relationships” is part of the four rights of the clubhouse model. People, by nature, are social. We at the clubhouse work with each other every day. I believe that meaningful socializing fosters strong working relationships between colleagues. Socialization is an integral part of recovery and isolation can really be detrimental to recovery. I feel that the clubhouse tackles this isolation problem as long as the person is willing to come in to work on this essential aspect of recovery.

There is a great sense of unity within the clubhouse. It’s that wonderful accomplishment which leads to success that can be done by members working with members or staff working side by side with members. There is this beautiful sense of togetherness — a common purpose, goals to reach, kindness to share and help to accomplish these things.

I love how members work together with staff. The clubhouse is a diverse place with people from all walks of life coming together to work towards their recovery. It fascinates me how this diversity leads to unity. It’s the sharing of opinions, thoughts and ideas that lead to social growth, success and a sense of great well-being. There is a sense of being drawn in, of being needed, an opportunity to contribute to the welfare of the clubhouse through talents, skills, intelligence and strength. I have experienced this “drawing in” to the clubhouse.

When I came to the clubhouse, I was socially withdrawn — not wanting to leave the phone room where I stayed all day, basically isolating myself, unless I was on a phone call. People at the clubhouse encouraged me to try new things, to expand my horizon, and to reach beyond my limitations. Today, I am socially reaching out to members and staff. I am an active participant of the clubhouse with much improved social skills. People at the clubhouse knew my potential to socialize even more than I did. Because of their outreach I now greatly benefit from many of the services offered at the Clubhouse.

I believe that it is the sense of community that helps lift each of our spirits at the Club. Here exists the exceptional premise that says: let’s help each other as much as possible. Let’s work together for a common purpose.

It fills me with joy to notice the sense of unity and community. I have heard of many visitors to Crossroads Clubhouse really sensing this community effort — the special bond of people working side by side — the prevailing sense of kindness, respect and generosity so strongly exhibited within the Clubhouse. The Clubhouse spirit is going strong. It races through the veins of the community reaching down deep into the core. The heart is invested here — the warm, throbbing heart of the Clubhouse that leads us to reach our dreams and to face our recovery with the strength that can lead to success.

In conclusion, I see how, through socialization, the tenet of meaningful relationships and a meaningful place to work are clearly evidence of the unique services that only a great Clubhouse could deliver. Yes, Crossroads Clubhouse definitely does this!

# CrossCurrents

Riverside Community Care

Page 7



## Valentine Sugar Cookies

### Ingredients

- 7 cups all-purpose flour
- 2 cups white sugar
- 2 teaspoons salt
- 2 teaspoons baking powder
- 1 1/2 cups shortening
- 3 teaspoons almond extract
- 1 cup milk
- 3 eggs

### Directions

Preheat oven to 375 degrees

In a large mixing bowl, mix together flour, sugar, salt, and baking powder. Mix in shortening. Once the shortening is well blended, stir almond flavoring and milk into the dough at the same time, followed by eggs. Roll out dough onto a floured surface, using a floured rolling pin. Roll the dough thick. Cut out cookies and arrange them on a cookie sheet.

Bake at 375 degrees for 8 to 10 minutes, or just until bottom is golden.



## Crossroads Wish List

Cleaning Products (Windex...etc.)

Paper Towels

Toilet Paper

Old Towels/Rags

Pinking Shears

Salad Spinner

Dinner Plates

Bowls

Silverware

Valances

Curtains

Area Rugs 5x8, 8x10 and 9x12

*If you would like to donate one of these items  
please call Paula at 508-473-4715 x5506*

# **CrossCurrents**

## **Riverside Community Care**

Page 8

### **Another Political Foray**

*By Charles V.*

For the third consecutive year I have taken out nomination papers to run for municipal office in the town of Grafton. Two years ago, I got 22% of the vote in a run for Grafton School Committee. Last year, I got 32% of the vote in a run for Grafton Library Trustee but was appointed to the Board in June. This year, I am running as the incumbent for Grafton Library Trustee.

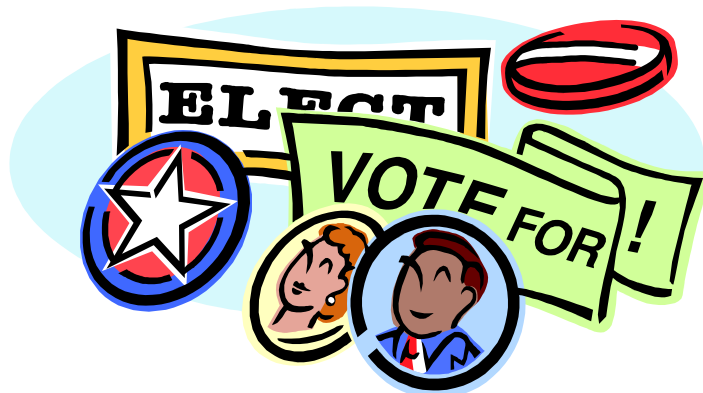
I need to collect 50 nomination signatures by Monday, March 15, 2010, at 5:00 p.m. Yesterday, January 5, 2010, was my first day on the campaign trail and I collected 6 signatures, 12% of the total I will need to collect, although town officials have advised me to collect significantly more than 50 signatures, in case some of them are illegible or from unregistered voters.

If I am able to win the election for Library Trustee this year, then next year I will be able to run for a 3-year term on the Board and every 3 years after that.

I owe everything concerning the confidence I had to enter the race for Grafton politics to Val C., Earlene D. and everyone else here at Crossroads Clubhouse. I also owe them credit for the confidence I had to join NAMI, the National Alliance on Mental Illness, where I will be giving another "In Our Own Voice" presentation next week, Thursday, January 14, right here at Crossroads Clubhouse. In my presentation, I will be certain to mention how grateful I am to the people at Crossroads for their assistance as I have put my life back together again.

Before I came to Crossroads, I had not worked in over three years and I had not entered a political foray in over 17 years. Since I came to Crossroads, I have found and worked at three jobs and entered three political races. This is not just a coincidence. Crossroads, and Crossroads alone, has given me the courage to undertake these efforts.

For this reason, I will always be grateful to Val C., Earlene D. and so many others here at Crossroads.





***Crossroads Clubhouse Annual Pancake Breakfast Fundraiser***  
***Sunday, March 14, 2010***  
***8:30am to 12:30pm***

**Help Support Our Clubhouse!**

*Crossroads Clubhouse* is a program of *Riverside Community Care*, a non-profit organization that helps build healthy communities. We are a program for adults serviced through the Blackstone Valley area. *Crossroads* is a rehabilitative community offering opportunities and support in employment, education, and housing. We emphasize work, participation, and choice. *Crossroads* provides a range of services to ensure member success in the work place. Individuals receive assistance in job preparation, placement, benefit management, and career advancement.

Due to limited funding, both monetary and material donations are graciously accepted. If you are interested in contributing to our community please contact **Val Comerford** (508) 473-4715.

Please enclose this form and any monetary donations to the following address:  
**Crossroads Clubhouse, 11 Williams St., Hopedale, Ma. 01747.**

Name: \_\_\_\_\_ Amount: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

**Thank you for Your Support!!!**