



# Neponset River News

A Publication of Neponset River House  
A Service of Riverside Community Care

Summer 2009 Volume 1, Issue 4

## Mental Health Awareness Event: Our Town Breakfast

By Paul Sheiber

On May 5th, Neponset River House kicked off Mental Health Awareness Month with a continental breakfast for officials from the towns we serve. The purpose of the meeting was to acquaint them with services provided by Neponset River House and other Riverside programs. The following officials were in attendance: Norwood Town Manager John Carroll, Norwood Police Chief Bartley King, Westwood Town Manager Mike Jaillett, Westwood Police Lt. Leo Hobin and Sgt. Paul Sicard, Dedham Police Chief Mike Weir, and Walpole Police Lt. Peter Salzberg. Everyone received a tour and informational packet.

Dannielle Ford- Allen, our Director, further discussed the numerous functions the Clubhouse provides to our members and how beneficial we are to the community. We believe our attendees were impressed by what we offered and will think of us more as resource for their towns.

Afterwards, Kate O'Connell, Director of Riverside Emergency Services, described the Emergency Services and crisis stabilization/respite programs that are available twenty-four hours a day, seven days a week. In addition, Scott Bock, Riverside's President/CEO and Marsha Medalie, Executive Vice President, explained Riverside's additional programs available in our area. They include community based flexible supports, supported housing, psychiatric day treatment, suicide prevention, respite housing, a behavioral treatment center, outpatient counseling, a medication clinic, outreach and residential supports and Early Intervention Services.

We hope that all town officials have been educated on the services Riverside provides. Those who unfortunately were not in attendance will receive information via mail and the internet.

We sincerely hope that they will attend our next informational meeting at a date to be announced. It has been a pleasure for Neponset River House to host this meeting and we hope all in attendance took away vital information regarding the important services that are available in this area. It is our hope that they will pass this information to all citizens and officials in their towns. We thank them for attending and taking time out of their busy schedules to be here.

### Other Advocacy Efforts Completed This Spring

- Three Visits to the Statehouse
- Hosted Four "Friends and Family Nights"
- Senator Walsh Visits Neponset River House
- Completed DMH Request for Information Process Regarding Procurement of Contracts

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## **Two of the Neponset River House Community Honored at Riverside's Annual Appreciation Night**

By: Elaine R.

Staff & members from Riverside Community Care were in attendance at the Marriot Hotel in Newton on March 23th, 2009 to celebrate Riverside's Annual Appreciation Night. Both staff and members were honored and received awards. Many individuals told their stories on overcoming obstacles, such as issues with mental illness, substance abuse, alcoholism and even physical problems such as cancer. All those honored had made significant achievements to the Riverside community.

Ray Prince and J.R. Harty, both of Neponset River House, received awards. Although Ray Prince could not be present at Appreciation Night, he received an award that was much deserved. He was acknowledged for his outstanding work with members at NRH. Not only was he acknowledged for his job performance, but also for his dedication beyond the job setting, such as visits to people in hospitals on his days off. The "Master of Ceremonies" stated that years ago- in the story of Cinderella there was a "magical" song- "Someday My Prince Will Come" and so to NRH- a Prince came to do "good works" for people on and off his job!!! So, thank you to Ray Prince, who has given five years of dedicated service to Neponset River House.

J.R. Harty received a consumer appreciation award for overcoming obstacles such as mental and physical illness. He also made many accomplishments on the job site, such as working his way up the ladder of success in a bakery and then continuing with his welding courses towards a future career.

So, to each we can say : "A Job Well done"!!!

As for myself, I'm glad I attended Riverside Appreciation Night! As I'm easily impressed by glitter and glamour, and definitely enjoyed my surroundings at the elegant Marriot Hotel and I enjoyed the company of Annie Hall & Dee Perkins, as they are both young staff members filled with enthusiasm, laughter and life and made me feel years younger. They laughed and joked about a lot of things and made my evening an enjoyable and memorable one. I had a happy and delightful time and left the Marriot Hotel very happy and relaxed which is so very important!!! Thank You All!

## **Neponset River House's Cape Trip 2009**

By: J. F.

This years summer vacation was the best! During the week of June 22nd to June 26th, sixteen members and a rotating staff traveled to Buzzards Bay for a relaxing week of fun. We didn't have one complaint— except about the weather. But that did not get any of us down! This vacation meant so much to me because not only have I not gone on an NRH Cape Trip in a couple of years, I thought I wouldn't have a good time. Boy I was wrong!

The sleeping accommodations were great, the food was tasty and the shopping was fun. We also had a sunset cruise on the Canal on Wednesday night and a ferry trip to Martha's Vineyard on Thursday morning. I went to Onset Beach with a friend and I also drove and took a passenger to our vacation spot. The drive was only an hour away.

This trip gave me a real boost. I can't thank Neponset River House enough for making this happen for us and to Fred and Irene at the Bay Motor Inn for treating us like such royalty. I can't wait until next year's trip.



## **TEAM Riverside Rocks NAMI Walks Boston 2009**

By: Ann A.

NAMI Walk Boston 2009 took place on May 31st at Artesani Park in Brighton. This was my first experience and it was amazing! Preparation began with the NAMI Kickoff Luncheon in March and preparation for the event continued through the next two months. Members and staff of Riverside's three clubhouses worked together to organize TEAM Riverside, which included registering team members, designing and ordering team t-shirts and providing lunch and snacks on walk day.

The morning of May 31st, Neponset River House arrived at Artesani Park around 10am and met up with the rest of TEAM Riverside. Over one hundred people came out to represent Riverside Community Care, including several members of the Riverside Administration, the three clubhouses and several residential programs.

The walk was 3 miles beginning and ending in Artesani Park and circling around the Charles River. The weather was beautiful and our team stood out in a sea of Jade t-shirts! TEAM Riverside was the third largest team this year and raised over \$1,000 for NAMI Massachusetts affiliates.

While there, I enjoyed going to all the booths set up by all the different mental health organizations. Everyone was so kind. The dedication and good spiritedness was mind blowing. My favorite booth was the snack booth, filled with anything and everything, but mostly healthy 100 calorie packs of snack bars, fruits and pretzels.

Three individuals from Riverside collaborated in a band which was the entertainment at the event. Just like last year, they treated us to a wonderful performance.

I can't wait for next year's walk!

## **Education Celebration**

By: Kerri K.

On Friday, June 12th, Neponset River House held its annual Education Celebration for members who have been pursuing education or have shown an interest in furthering their educational goals. Some members have received tutoring or worked towards obtaining their GEDS, while others have taken jewelry making classes or worked towards a vocational certification. Many had conversations with either Laura or Kim of CAUSE or Carolyn, the clubhouse's own GED instructor, about educational goals they would like to pursue in the future.

The weather didn't quite cooperate for our cookout, so we had a cook-in with burgers and dogs. Annie H. served as MC and gave out the certificates, while Tara L. gave out chocolate lollipops for the recipients to enjoy. We were thrilled to have the company of Kim Anderson and Laura Courage and were finally able to meet Laura's new daughter, Isabella. We enjoyed nice conversations and a delicious cake. It was a great day and a wonderful time to celebrate the achievements of our members in education.

# FOR YOUR FRIDGE: SAVE THE DATE



**Labor Day Cookout**  
September 7th, 2009  
10:00AM to 2:00PM



**Dual Recovery Anonymous Meeting**  
Every Thursday 2:45 PM to 3:30 PM.

## South Norfolk Alliance for the Mentally Ill

Neponset River House will be open on Labor Day for a cookout. Come join us for burgers, hotdogs, watermelon and some fun!  
There is no transportation, so please schedule your pick-up for 2:00PM.

The Alliance for the Mentally Ill will hold its monthly meetings August 6th, 2009 and September 3rd, 2009 at 7:00 pm in the cafeteria of Lorusso building at Caritas Norwood Hospital. Mental illness is a label for a variety of diseases of the brain. Often in strikes in late adolescence, devastating the afflicted person and the family. The Alliance is composed of such families who find mutual support and join together to advocate for their loved ones. This month as part of an ongoing project to educate the public about mental illness, the Alliance and sharing and caring. The Alliance welcomes families in the South Norfolk area who are dealing with mental illness and their loved ones.  
For further information call (508) 668-2941.

**Norwood Day**  
September 19th, 2009  
9:00AM to 3:00PM  
Norwood Center

Neponset River House will be at Norwood Day again this year! Support your local clubhouse and come have your face painted!



## Parents Support Meetings

2nd & 4th Tuesday of each month  
7:00 pm to 8:30 pm  
Riverside Community Care  
190 Lenox Street, Norwood  
(across from train depot)

Leaders: Jill Homer & Kerry Roberts  
Case Management (781) 401-9712

**Advisory Board Meeting**  
September 16th, 2009  
6:00PM to 7:00PM

Looking for ways to support Neponset River House?  
Come to an open advisory board meeting and learn how you can help!  
Coffee and desserts will be provided.

## Affordable Consumer Transportation, Inc.

**(617) 308-7014**

ACT provides transportation to consumer to various day treatment programs, appointments and clubhouse events. We currently have openings for NRH transportation. If interested please call the number above.

Neponset River House, a service of Riverside Community Care, is a clubhouse based on the Fountain House Model. As a clubhouse, we offer our members four guaranteed rights.

1. The right to a place to belong.
2. The right to meaningful work.
3. The right to meaningful relationships.
4. The right to a place to return.

The purpose of our club is to help us to learn to better cope with our mental illness and gain a sense of accomplishment and empowerment through learning valuable vocational and social skills. Members and staff work side by side as equals to create an atmosphere of mutual respect and dignity. Our Transitional Employment Program is unique in that it offers direct help for members at various job placements to get them started. The Supported Employment Program offers members employment help by giving them a balance of support and independence. We hope that by publishing our newsletter we can help educate the community about mental illnesses and reduce the stigma and fear attached to them.

# EMPLOYMENT CORNER

## Spotlight On: Jim G.

Interviewed by Annie H.

### *When did you find NRH? What were you doing when you found the clubhouse?*

I came to Neponset River House three years ago. I learned about NRH from the Department of Mental Health. I was trying to straighten out my life.

### *What role has the clubhouse played in your recovery?*

The clubhouse has helped me through providing opportunities to meet peers who are going through similar experiences and through providing employment opportunities. It is a comfortable environment where I feel equal to everyone else.

### *Where do you work? How long have you worked there?*

I work at Service Masters, a cleaning company, in Canton, MA. I help keep their district office clean and pick up the parking lot. I have been at Service Master for two months. In the past I have worked at Hollywood Video and the Big Y supermarket.

### *What do you think your greatest accomplishment has been?*

I think being responsible at work and feeling comfortable at my job has been my greatest accomplishment. Neponset River House helped connect me with the job, introduce me to the employer which made me feel more comfortable.

### *Future plans/goals?*

I am thinking about maybe going to back to school again to get my Associates degree at Mass Bay Community College. I look forward to continuing with Service Masters and hopefully having more job opportunities in the future!

## Neponset River House Call for Help!

We need Transitional Employment Placements! Due to the economy, TE opportunities are becoming more difficult to locate. Neponset River House looks for part-time, temporary, entry level positions that pay the prevailing wage rate. NRH will screen and train candidates and guarantees 100% job coverage to the employer. No job is too small!

Some jobs that would be of interest to us include:

Food Preparation	Greeter
Hosting	Fitting Room Attendant
Dishwashers	Custodial/Maintenance
Stocking	Data Entry
Reception	Mail Room Positions
Customer Assistance Desk	

If you, or someone you know, have any employment leads please refer them to the Employment Coordinator, Raymond Prince, at (781) 762-7075. Thank You!

## **The Massachusetts Clubhouse Coalition Employment Celebration**

By: Joe H.

From March 22nd to 25th, Chris F. and I went to Washington D.C. for the Massachusetts Clubhouse Coalition Employment Celebration. The celebration honors Clubhouse employers who encourage others to hire individuals with mental illness by writing reference letters to educate companies across the country about the benefits of hiring clubhouse members. This year, Neponset River House honored Jeremy Scott of Service Master.

The trip started when Chris and I met at NRH and departed to Logan Airport with one of our members. We waited for an hour to take the shuttle to Washington D.C. We had the opportunity to be on the Philadelphia Eagles shuttle to D.C.

When we arrived we rented a shuttle to take us to our hotel. We arrived at the hotel and checked into our rooms. We then proceeded to register for the event. We received our registration packet and went on to attend our first workshop of the day. After all our workshops were completed we then arrived at the reception to meet and network with other people. There were plenty of refreshments and appetizers. I am not used to networking that much, but Chris inspired both of us. I was very surprised at how easy it was to make new friends during the reception. Afterwards, Chris and I decided to go out to eat. We had a good dinner not too far from the hotel.

The next day, we ate breakfast with our new friends, then went to the mall to look for a camera to take pictures of the celebration event. In the afternoon we attended workshops. I went to a workshop on the Clubhouse Database and a Clubhouse Fundraising workshop while Chris went to a workshop about the Work-Ordered Day.

The evening started with a hearty meal and then we were introduced to our guest speaker, the one and only Joe Pantoliano, an actor from the Sopranos. He was great! He took pictures and signed autographs for anybody who wanted them. Then it was time for the highlight of the evening. He showed us a documentary called "No Kidding, Me Too!" followed by a discussion session. Two of the people featured in his movie were in the hall with us and we all had a chance to meet and talk with them.

The next morning was the big day! It started with a trip to Capitol Hill to see our Legislators. It was pretty hectic and we did a lot of walking around looking for our Legislator's offices. Luckily we had a chance to meet with them before proceeding to the Canton Building to see our employer, Jeremy Scott of Service Master, receive his award. It was great seeing Barney Frank and the other Senators and Representatives take time to come in and hand out awards and make speeches on behalf of our cause.

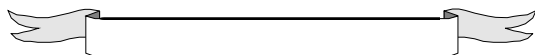
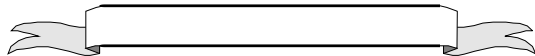
The night went on as a few of us decided to get out and enjoy the sights for a short time. By the time we arrived back to our hotel, we were tired but also hungry and thirsty. Since this was our last night here we went downstairs and had some dinner and one last chance to see our friends. The next day it was time to go.

We attended our last breakfast, got contract information from some of our new friends, said good-bye and headed home. It was quite an experience and a great time for everyone. We learned a lot in a short period of time about our government in Washington.

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**Help Support Our Clubhouse**

NRH is a program of *Riverside Community Care*, a non-profit organization that helps build healthy communities. NRH is a rehabilitative community offering opportunities and support in employment, education and housing. We emphasize work, participation and choice. NRH 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 giving to our community please contact Dannielle Ford-Allen, 781-762-7075.

Please enclose this form and monetary donations to the following address:  
Neponset River House, 595 Pleasant St., Norwood, MA 02062

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

Address: \_\_\_\_\_

Thank you for your support!

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