

Headway Headlines



July ,2003

Crider Picnic and Luncheon by Marty V.

On June twentieth we catered a picnic for the Crider Center for Mental Health . On Thursday evening we took all the food out to Lincoln County Fair Grounds where the picnic was to be held. The passenger van was full with food , drinks, coolers,our karaoke machine and television set. You would not believe how much food we took out there. By the time we got done loading the passenger van there was only room for the driver. Those who worked the breakfast and lunch are Shannon M., Shawn L, Steve G., Marty V., Elizabeth S., Marsha O., Kerri P., Jenny N., Beverly L., Sara S., and Brian S., also helped out . Besides the above people mentioned Steve B., and

Judy H., also helped out on Thursday Night . The breakfast and lunch was a success despite the trouble with the oven. We ended up frying the burgers and cooking the chicken in sheet pans atop the stove and the part of the oven that worked.A lot of compliments were made on the food staff and members ate there and everyone enjoyed it . It was also nice to hear all the wonderful success stories occurring through out Crider. It was good to hear staff talk about why they like working for Crider. The highlight of the day had to be when the managers had to ride the little tricycles. Wendy H. did a great job as Sara S. chickened out. After lunch



Crider Picnic
What a blast !!!

there was plenty of time for fun and games. Some of the games that were offered were washers and volleyball or karaoke.All in all it was a beautiful day.

Member of the Month for July by Michelle R.

The member of the month for July is ... Pat Powers ! Pat has been coming to Headway for about four years . Pat says that she loves coming to Headway because she loves being around the staff and members, “ They are fun to be with .” Pat also

says she comes because the food is so good. Pat also added that she loves coming to Headway to work in units and more recently working in the library. Staff and members can all agree that Pat is a fun person to be around .She has a great

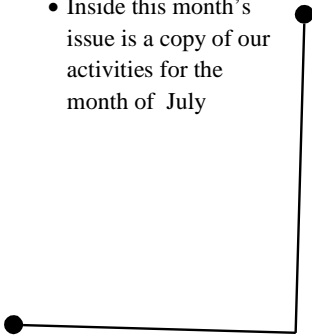
sense of humor and is a hard worker.Pat would also like to extend an invitation for everyone to come and check out the new library.

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Special points of interest:

- Inside this month's issue is a copy of our menu for the month of July
- Inside this month's issue is a copy of our activities for the month of July



Enchanted Realm by Michael Nix

Laying by a stream I hear frolic and laughter
I turn around to see a beautiful nature spirit
He turns and runs and me right after
His laughter in the bushes is where I hear it
He dashes off again once more
I continue on not to fall behind
I have no idea what's in store
For the enchanted realm I was about to find
I spot him in the distance by a huge magical tree
He sits and waits like where playing a game
I walk up and he says they were waiting for me
My eyes then open to see the same
For I saw the same as he
The untouched innocence of this enchanted world
I knew then this is where I wanted to be
After seeing this magic unfurl
There were nature spirits as far as the eye could see
All playing together in joyful bliss
I soon join the frolic around this tree
For not a second I wanted to miss
We continued to play until the next day
All the while I felt like a kid
Soon I knew I was going to be on my way
I knew my time had come to leave and it did
Before I went they gave me a gift
Presenting me with a conch shell
They were there to give me a lift
Saying goodbye and we wish you well
I then wake up to find it was a dream
All that joy I had just felt
Then by my amazement I was by the stream
That beautiful gift my conch shell

Musings of a Lonely Man by Stephen Hill

These things I write to be read by others , at a later date , perhaps this will be a learning experience for those who read it I know it was for he who wrote it !

It is another day much the same as the one before , except that I know that some amount of time has past ... but how does one Really know that time has past ? With time being a linear experience , you can't see it , touch it, smell it or taste it , how does one truly know that it exists ? You say "Because you get older every day." but do you Really get older or is that just a biological function that happens ? You can't go back in time nor can you accelerate into the future , yet people are always saying " Man time really flew by today " , but still others (at the same moment) may say " Boy , time really dragged on by today ! ". If you " RUN OUT OF TIME " , where do you go to get more time ? People tell me " You have too much time on your hands, " so I guess I should be kind and give some of that excess time to those who don't have enough of their own ... Right ??

The way I see it, for what it's worth , we actually have the same amount of time , the big difference is how we " spend " our allotment of it . Some of us tend to put things off till a later time , then complain when we run out of time to do those things . I think it's kind of like money, some of us use it frivolously , then wonder where it all went, some of us try to hoard it, I guess thinking that they can take it with them when they pass on out of this existence . Alas , like money you can't take it with you , so it is best to spend it wisely ... perhaps even invest it wisely . " Invest it wisely ? " you ask , yeah that's what I said invest it wisely . How can you invest time wisely ? Well have you ever heard the saying that spending time with your family or children or significant other is time " Well Spent " . That time well spent can be time well invested because you will soon find that instead of actually " spending " that time you are " investing " it , you will receive " dividend " time , or time that lasts forever as a memory.

Another Year another Auction ! By Ken C.

The 5th Annual Silent Auction and dinner drew a pretty good crowd. We figured attendance to be about 70 or 80 people . Not as much as last year , but a better turnout than we had anticipated. This year, besides the dinner and auction ,we had many booths such as a balloon pop which went for \$2.00 rather than \$5.00 the previous year (and all balloons were sold). We also had a sucker pull which went over very well . A jelly bean guess , and 3 raffles . There was the handwriting analysis and caricature drawing booths which were very profitable and

a bake sale . This year also featured a kids room ran by Brian S. and Dan R. .Good job guys . There were prizes and games and balloon animals .

There was plenty of BBQ to go around , pork steaks , hamburgers , brats, potato salad , corn, chips , and lots of goodies . The auction made about \$2000 for the activities fund and softball team . But it was a lot of fun for both guests and members who worked it or attended. Thanks again to all of you who participated we couldn't have done it without you!



Silent Auction #5

New Member by Michelle R.

Headway Clubhouse welcomes Mike B! Mike has been attending Headway for about a month. Mike says that he started coming to Headway because he is trying to gain employment. While at clubhouse, Mike likes to work on the internet. In addition , he says that he likes “being around other people and all the different things there are to do at clubhouse.” Mike said he looks forward to being able to go on more activities with the other members at

some point in the future. Mike said his hobbies include computers, reading, and listening to music. Mike added that his favorite singer is Gloria Estefan. Welcome to Headway Mike!

“I like being around other people and all the different things there are to do at clubhouse.”

July Birthdays by Billie Y.

Marie C. 7-11

Darlene W. 7-15

Elizabeth S. 7-11

Dawn A. 7-29

Jeff H. 7-12

Joseph G. 7-30



Our thoughts and prayers go out to the family of Patricia Lederlle who recently lost her sister.

Activities from June by Marty V.

6/6/03: The ribbon cutting for the Eagles Nest Library, a great addition to the clubhouse.

6/7/03: Today there was a softball practice and BBQ at Blanchette Park.

6/8/03: The Renaissance Fair consisted of jousting, plays, shows, and a variety of booths selling all kinds of things depicting the middle ages.

6/14/03: Flier de lis festival the shops were interesting and musicians played dulcimers and guitars.

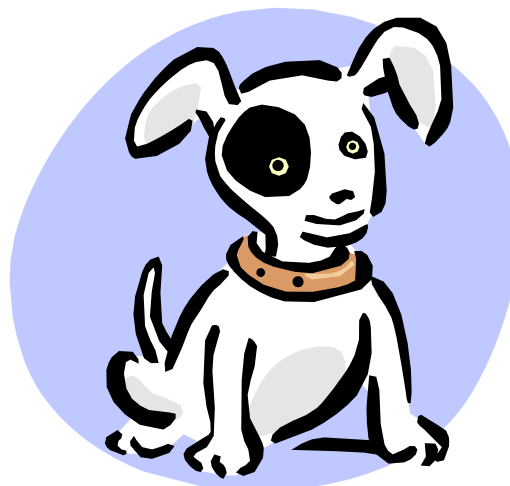
6/16/03: We went to the Muny to see Fiddler on the Roof.

6/21/03: Headway went to the zoo .A big thanks to Susie Pundmann for the tickets to the sea lion show and train ride through the zoo.

6/23/03: We were back at the Muny to see Side By Side.

A Snoopy Poem by Lynne J.

A little beagle hound came to live with me
 A little bit scared though he is now happy
 To run , jump, love ,& more love it is he
 Pet me, rub my belly says snoopy
 And run around happily.



July Jumbles by Ken C.

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 LUJY 4TH ---0 4th
 LECERABIONST
 -----00-----
 IREWRKOSF
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Clue : There is one of these going on every-
 where.

Outings
 Clue answer: Old Glory

Answers from last month
 Fathers Day Gifts
 June Sunday
 Flag Day June Fourteenth
 Family



Headway Clubhouse
322 McDonough
St. Charles, Mo. 63301
Phone: (636) 946-6832
Fax: (636) 946-6528



All articles in this newsletter do not necessarily reflect the opinions of Headway staff and members

Headway Headlines Reporters & Editors

Shannon M.

Mark N.

Marty V.

Elizabeth S.

Camille G.

Steve G.

James S.

Beverly L.

Blondie C.

Patricia L.

Anna D.

Billie Y.

Kimberly H.

Ken C.

James C.

Jeff H.

Kerri P.

Steve B.

Otto K.

Pat P.

Sara S.

Jenny N.

Steve H.

Michelle F.

Doris S.

Betty C.