

Gateway Connections



Merry Celebration

Inside this issue:

Special points of interest:

- Consumer /Survivor by Terry McKenney
page 2
- Poems by Cheryl Stead & Vicki Lovegrove
page 3
- Calendar
page 4

Our Annual Merry Celebration will take place on Friday, December 3, 2010 at the Lion's Club Hall on River Road in Welland. Doors open at 4:00 and tickets are \$15. This wonderful gathering of consumers, staff, friends and family, creates opportunities to rekindle and create friendships. It is such a success that it sells out!

The Consumer/ Survivor Initiative of Niagara, Oak Centre, and Gateway Residential and Community Support Services of Niagara work in genuine partnership to make this event possible. All three non-profit charitable organizations provide support to individuals with serious mental health issues. Each year the party proves to be a very enjoyable event for all of our folks. We fundraise to be able to keep cost of tickets for this first class event affordable for those who receive our services.

You can help make the Merry Celebration a success again this year by: Buying or selling Chocolate Bars. Cost \$3.00 each. Call any of the three sponsoring organizations.

Autumn

a Poem by Vickie Lovegrove

Dancing leaves in autumn's breeze
The winds race for tomorrow.
The leaves so bold and bright show no sorrow,
They'll go away making way for winter's rage.
Do not shed a tear,
For they'll be back next year!

- Donating a Penny Sale of Raffle prize. Your donation could make a difference in someone's Christmas.
- Participating in the On-line "Shop and Share" Fundraiser. A portion of what you spend will be donated to the Merry Celebration. Visit www.shopandshare.ca and choose "Gateway" from the list of Non-Profit or Charitable Organizations.
- Attend our next Spaghetti Dinner Fundraiser. Date to be announced

For more information, Contact: Barbara DeRuiter, Martha Carpentier Gibson or Sandra Maletta Todd.

The Good Food Box

The Good Food Box has been a collaborative experience at Gateway Residential for more than a year. Gateway’s staff took on the challenge of initiating the fresh food distribution program in May of 2009. Through funding from Niagara’s Prosperity Initiatives Program, two part time staff have been added to Gateway’s talented group.

Every month, staff, consumers, and community members work diligently for three days to feed hundreds of families across the Niagara Region. Fresh Produce is delivered from farms and wholesalers in large quantities of Welland’s Market Square. Good Food Box volunteers then work

hard at sorting and packing the produce into boxes. The boxes of fresh produce are distributed to Host sites in Welland, Fort Erie, Port Colborne and St. Catharines, where customers pick them up and take them home to enjoy. Many agencies across Niagara have engaged in the program and act as host sites. The Good Food Box has joined communities and initiated connections between agencies, volunteers, and customers. Some of the Host sites have developed “Healthy Eating Clubs” and use the produce distributed from the Good Food Box. The clubs gather monthly to cook recipes published in the Good Food Box newsletter. This allows members to cook to-



gether, eat together and bond through healthy food.

The Good Food Box will continue to grow through the Niagara Region. The program benefits everyone weather they volunteer, or purchase the product. The program not only makes fresh produce accessible to the community at a reasonable cost, but it has the potential to help build a healthy lifestyle.

Please join us in our mission.

Call Kevin Wright or Bernice Booth at 905-414-7883

“Someone said one day, Here’s a basket of smiles, try giving them all away. So through the years I’ve tried my best to give them all away, but the more I give the more I have every single day.”

-Author Unknown



That’s an Interesting Term– Consumer/ Survivor

Consumer– Means “the user of” products and services. In my case that includes medical and health services and products of mental health as well as physical health...fairly simple.

Survivor– Now we’re getting somewhere! Despite the grief of everyday living and all the extraordinary experiences we

have in our lives, somehow we can pick ourselves up and carry on. At times we feel we can’t take it anymore. Sometimes we need only to take a personal “time-out” to just plan rest our hearts, minds and emotions.

Through the help of our support networks an some outside diversions as well as changing routines, we find

that grain of hope that picks up our spirit and mind and again enables us to continue on our journey...of SURVIVAL.

Terry McKenney

“Kindness, like a boomerang, always returns.” Author Unknown

Careless Cooking– The # 1 Cause of Fires

How Can You Prevent Cooking Fires?

- x Do not leave pots or pans unattended on the stove
- x Do not hang curtains, towels, paper or other combustible materials above the stove
- x Do not wear loose fitting clothing, while you are working around the stove with elements on

x Do not end a night of partying (alcohol) by making French Fries. Far too many people die in fires started this way.

1. If you must leave the kitchen, turn off all the elements
2. Keep a tight fitting lid, for your pot or pan near the stove
3. Make sure you have a multi-purpose ABC type fire extinguisher available

What Should You Do If A Fire Starts?

- Gently slide the lid over the pot or pan
- Turn off the energy supply to the element

- If the fire does not go out, sound the alarm for the rest of your family and leave the apartment
- Activate the building fire arm system at the closest fire laalarm pull station
- Leave the building by the closest exit or exit stairway
- Only use a fire extinguisher, if it is safe to do so and after activating the building fire alarm system



“Your call is very important to us. Please stay on the line until you can’t stand it anymore. Then press 2 for anger-management counseling, or just hang up.”

Our Mental Health— by Cheryl Stead

We are minority, we don’t have much choice
But to unite together with a compassionate voice
And let the world know that w have dreams too
Aspirations and hope we can help make come true.

We should strive to become all we can be
Try and reach our potential and let the world see
We’re capable too, and if given a chance
We can dispel all the myths and ignorance.

To overcome, it would seem, it’s our mission in life
Rise above all our problems, heartaches and strife
God will be with us, and in time of despair
Whenever we need him, he will be there.

Golden Mementoes

by Vickie Lovegrove

Autumn is wise in her age.
Golden mementoes touch her grace,
As the seasons turn another page.
Leaves, leaving their base
To feed the earth
Leaving no waste
For their second birth.



Your Newsletter Team!

Tim Willick, Cheryl Stead, Terry McKenney

Gateway's Summer Events!

Calendar of Events!

November:

Mondays:

Healthy Life Styles
11:00am

Tuesdays:

Men's Group

6-9:00pm

Techno Tim's
Computer Tutoring

10:00-12:00 noon and

1:00-4:00pm

*** To book a Free 1
hour session for
Techno Tim's
Computer Tutoring
Please Visit the Front
Desk***

Wednesdays:

Women's Group

1-3:00pm

Thursdays:

Therapy Tails

Come hang out with
some great dogs!

11:00am



Golf Tournament



Above: Port Mansion
Band Night



Below: Picnic

