

"There's No Place Like HOMES"

Resident, Alumni, Family, & Friends Newsletter

March 2009

Volunteer Opportunities for Camp Scholarships

There are 10 volunteer opportunities to earn Camp scholarship hours this month; if you participate in about 8 of them you could go to Camp for FREE! We have house & garage cleanings at the Anaheim, Fullerton, and Riley Houses, plus we need help with the weekly Cooking Class that will start at Diamond Apartments on March 13. We could use volunteers to help set up, cook, serve, and clean at the St. Patrick's Day BBQ, and we need participants for the Instigators meeting and the newsletter mailing. Lastly, we need three or four drivers to transport people to "horse therapy" in Thousand Oaks on March 25. (And the drivers can work with and ride the horses too!) See below for dates, times, and addresses.

St. Patrick's Day BBQ, March 17 at 4 PM

All HOMES residents and alumni are invited to a St. Patrick's Day BBQ on March 17 at 4 PM. (If you want to volunteer, please arrive at 3 PM and be prepared to stay after to help clean up.) This is our chance to show off our new Diamond Apartment Homes, located at 1310 W. Diamond St. in Anaheim; nearest cross streets are Lincoln and Wilshire. Please RSVP whether you plan to be a guest or a volunteer.

Diabetes Support Group

Nationwide, 1 in 10 adults will develop diabetes in their lifetime. For those of us taking psychotropic medications, the risk is **1 in 5**. Some of the warning signs: increased thirst, frequent urination, fatigue, unexplained weight loss, blurry vision, dry skin and sores that heal slowly. These symptoms can be related to other conditions, including side effects of medications, but discuss them with your doctor; a simple blood test can check for diabetes. Because so many of us have developed diabetes, I will be starting a mutual support group in April; all mental health clients are welcome to attend. The groups will be held at 3 PM on the second and last Fridays of each month, beginning April 10, at Jackson Aisle.

Free Movie, March 13 at 7 PM

The First Presbyterian Church is hosting a free family movie night. "Wall-E," which just won an Oscar for Best Animated Feature, will be shown on the big screen in the Church Sanctuary, 11832 Euclid St., just north of Chapman in Garden Grove. After the movie, free refreshments will be provided in the Leonard Lounge on the church campus. For more information, call (714) 534-2269.

March Activities

Please RSVP to (949) 851-2766 BEFORE you attend any HOMES activity!

- Mar. 3, noon \$1 movie (*Mainplace/Westfield Mall Picture Show theater, 2800 N. Main, Santa Ana*)
- Mar. 9, 10 AM Anaheim House cleaning (*829 S. Clementine St., Anaheim CA 92805; vol. hrs.*)
- Mar. 12, noon bowling (*Linbrook Bowl, 201 S. Brookhurst, Anaheim; \$2.25/game, \$3.75 shoe rental*)
- Mar. 16, 10 AM Fullerton House cleaning (*449 W. Knepp Ave., Fullerton CA 92832; vol. hrs.*)
- Mar. 17, 4 PM St. Patrick BBQ (*Diamond Apartments, 1310 W. Diamond, Anaheim; free w/RSVP*)
- Mar. 20, 2 PM Instigators meeting (*1310 W. Diamond, Anaheim, near Lincoln & Wilshire; vol. hrs.*)
- Mar. 23, 10 AM Riley House cleaning (*466 N. Swidler St., Orange CA 92869; vol. hrs.*)
- Mar. 25, 9:30 AM Equine Therapy (*Thousand Oaks, transportation provided; free w/RSVP*)
- Mar. 27, 1 PM newsletter mailing (*1310 W. Diamond, Anaheim, near Lincoln & Wilshire; vol. hrs.*)

Turn your clocks forward one hour when you go to bed this Saturday night!