

# THE COMMON THREAD

Official Newsletter of Community House

## Congratulations!!!!



Congratulations to our resident Cornhole Champion and our newest Naturalized Citizen!!!!

Felicitaciones a nuestro Campeón residente de Cornhole y nuestro nuevo Ciudadano Naturalizado

**Ask Christina**  
pages 2-3

**Recent memories**  
pages 4-7

**Client led interviews**  
pages 8-11

**Un-common Art** pages 12-16

**Schedule and recipe** pages 18-19

## Upcoming Events

**Zoo trip**  
Oct 7th

**Pumkin Patch**  
Oct 21st

**Halloween Party**  
Oct 29th

**Thanksgiving party**  
Nov 24th



# Ask Christinia

**Bonus (Attention): There will be an advice column in the newsletter that will say, “Ask Christina” of any personal recovery based questions you would like to receive advice on, and I will do my best to help you. I am a certified Crisis Counselor, volunteer, and I have been volunteering for 3 years. It will be an exciting place in the newsletter to help and inspire others. Turn your questions into the suggestion box at the front desk**

Recovery from mental health and addictions is a long-term process that requires effort, consistency, and determination. My recovery in the last couple years has been a long and sometimes painful process, but it has led to an amazing rewarding time of peace, inspiration and hard work. The starting point that led to my recovery is awareness of the challenges and difficulties from the past. The loss from my daughter being adopted into another family and trauma I had been through helped me to see aspects of my life I have changed. I realize I desire to devote time to myself and take care of my own needs before I take care of anyone else.

The environment that I was raised in the past by my family affected how I perceived the world and my perception of myself. The first step was to take control of my life and it led me to volunteering as a Crisis Counselor. I wanted to use my personal experiences to help others and to make a difference. The struggles I experienced taught me to have sensitivity towards others. I learned as a Crisis Counselor to put my feet in others' shoes and have a high level of compassion. It helped me to realize to be grateful for the life I have because others are unfortunate. I had learned humility and to have acceptance for others.



## Cont. Ask Christinia

The next step I learned was coping skills, and these skills were learned from the hospital before I came to a group home. The hospital prepared me to be independent and take care of myself. Some coping skills that have helped me are listening to music, writing in a journal, watching inspirational YouTube videos, crocheting, church services and a lot more. These coping skills gave me a way to cope with negative thoughts and focus on something positive.

In addition, I have attended recovery meetings of the 12-step program, and they gave me the motivation and willingness to improve every area of my life. Other aspects I have improved are self-soothing and learning to process my emotions and accept my feelings while reassuring and reinforcing positive affirmations. Also, expressing my emotions helped me to heal from the past. I have learned to love myself by saying, "It's okay, Christina. You are learning. You got this!". The turning point of my life is when I became "sick and tired of being sick and tired". This is when I was willing to change and accept help. It may take 1,000 or more mistakes to learn and change habits. The importance I have learned is to not give up when life gets hard and there is always hope no matter how difficult situations become. I realized I am stronger than I think I am. I kept striving and reaching my goals and I feel blessed from the help I received from Community House and the group home to become a "better me".

-Christina Chacon



## Champions of The Commons

### Cornhole

### Chess



**Luis P**

**Werner P**

## Find Your Interests in The Commons



Check out our awesome garden with March C who tends the garden and helped plant our greens

## Recent Memories

- Mt Rainer trip
- Wa State Fair trip
- Seattle Art Musuem
- Camping trip



# Summer 2021 Recent Memories











# House Job Employee of the Month (EOM)

## August

T.A.



"it puts me on the next step to get a real job and gives me structure"

## Recommendations by staff and EOM

### Music

T.A.: Commissioned song "Love is in Love"

### Reading

"This is Book"  
By Demetri Martin

### Video Game

T.A.: Madden  
01- 02

### Movie

T.A.: "Ghost"

### Recipe

Vegatarian Chili  
Page 18



# My roving report with Oneika Hosang

By Wendy Nakasima

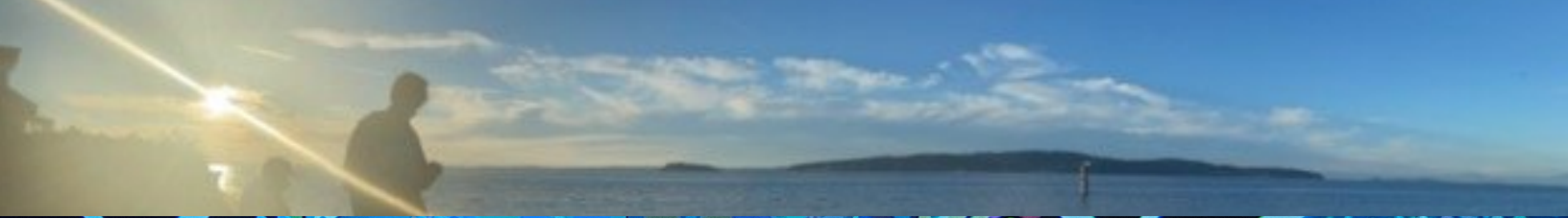


Hi Oneika: How are you today? I promise to be easy on you. With big smiles and a few giggles, we get started.

Of all the places you could choose from, what helped you choose Community House Mental Health? When did you first get started coming to Community House Mental Health and The Commons? In 2012, so 9 years now. I come for the food and the friends I have made. To pick up my medications, I love the poetry writing workshop. It is done by topic like Park, you write for 10 minutes and then share what you wrote. It would be great if people got published, through a publishing company there are so many great things written.

I hope they bring it back. The staff is really great, they make you feel right at home here. The clients make you feel like part of the group. It's a great support system.





## Cont. client interview

Is there a favorite memory or a story you would like to share? Yes there was a staff member here, I dont know if anyone remembers her.

Her name was Dee Dee, when she was not here she made wigs for people. Giggling with a huge smile she made me one. Wow! How cool is that, and I still have it.

One last Question, would you refer the commons and Community House to someone if they asked you? Yes, this is a great place to get connected.

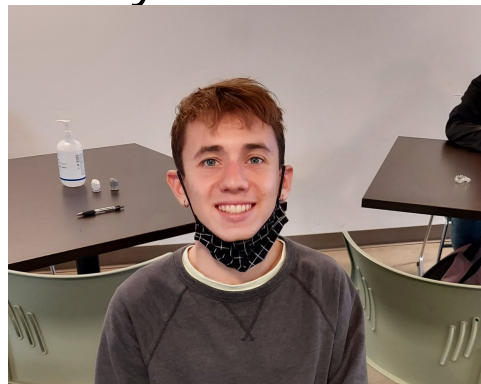
Finally, is there anything else you would like to share with me? No? But; I thought this was going to be harder than it was. Thank you so much Oneika, for allowing me to get the scoop for the Newsletter.

**Become the next Client Interview, submit your name or someone else's name to the suggestion box at the front desk or talk to Mia Harvey Staff**



# Staff interview: Andrew

By Werner P



Say “Hi” to Andrew, one of the newest and youngest members of our Community House team. Though born in Washington DC, Andrew comes to us from Indiana where he has lived since the age of six.

Born into a good family, he recently received his BA Degree in political science at Notre Dame and he plans to continue his education here in the Pacific Northwest so that he can become more involved in social work and in helping others. Andrew has always wanted to live on the West Coast and now he does, right in Capitol Hill, sharing a home with six others which, he says, can be challenging. He loves Seattle and its people, and he really enjoys being away from the “Midwest Mindset.” He also condemns social media.



## Cont. Staff interview: Andrew

Andrew uses Metro or a bicycle to get around but he is also a runner—running helps to keep him centered. In fact, he is also training daily to compete in the Seattle Marathon this coming year. We can only wish him well. Andrew likes music, going to concerts and shows, and his favorite app. is “Spotify.”

But, like with most of us, Andrew has his struggles, particularly with mental health issues like depression. This may have prompted his ambition to work for those suffering from mental illness. But personal experience aside, Andrew doesn’t “sugar-coat” people’s problems. He also possesses empathy and the ability to understand people and what they are feeling—valuable assets for a social worker.

He also wishes to become married, attend grad-school, travel throughout the Pacific Northwest and, of course, to participate in the Seattle Marathon.

Let us wish Andrew well in his ambitions.