

THE COMMON THREAD

Official Newsletter of Community House



“If you’re brave enough to say goodbye, life will reward you with a new hello.” – **Paulo Coelho**

As Taylor takes her next step we wish her a happy and fulfilling future, as she leaves, a new character will enter our story to bring their own light.

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Upcoming Events

Chiluly Glass
Museum
Oct 6th

Karaoke
Oct 13th

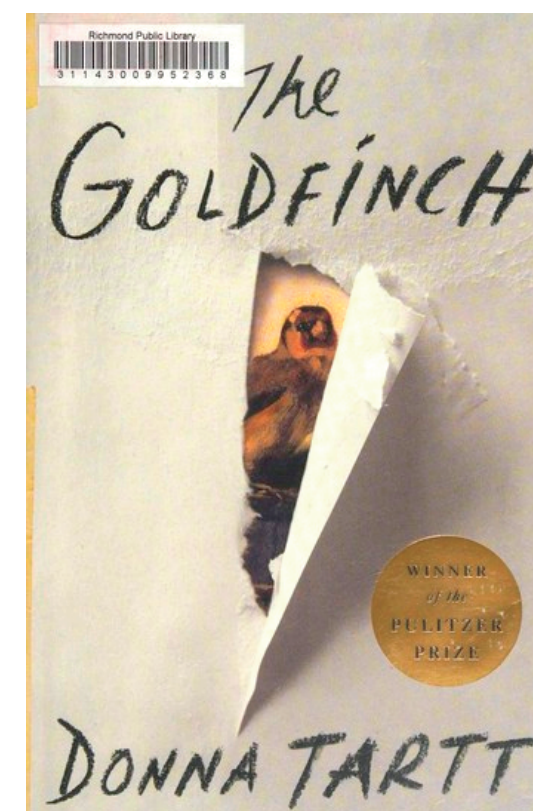
Pumpkin Patch
Oct 20th

Halloween party
Oct 26th

Health and
Beauty Oct 27th

The Common Reading

The Goldfinch Book Review



The Commons' current book club selection is The Goldfinch, a Pulitzer Prize winning novel by Donna Tartt. It is the story of a boy's journey into manhood, through life, death, friendship and unrequited love, all in the shadow of a little yellow bird.

Thirteen-year-old Theodore Decker accompanies his mother to a New York museum to kill some time on the way to a dreaded school conference. While there, he meets Welty, a kindly old gentleman who is there with Pippa, a stunning young red-headed girl, both of whom come to be very important in Theo's life. What happens at the museum is a freak occurrence which alters Theo's life forever. Everything about his world changes in an instant.

Theo finds himself living in New York with the sophisticated Barbours, the family of his good friend Andy. Subsequently, Theo is reunited with his estranged father, an alcoholic gambler who moves him to far away Las Vegas. While there, he develops a strong friendship with Boris, another latch-key child from his neighborhood. They spend their days and nights using drugs and alcohol to dull the pain of essentially growing up on their own. After another family tragedy, Theo moves back to New York, this time to the home and antique shop of Hobie, Welty's business partner and furniture restoration genius, and Pippa, the red-headed girl of his dreams.

One theme that runs through the story is that of a priceless masterpiece painting from the sixteen-hundreds, of a tiny goldfinch that Theo steals from the museum. Theo's love for the small painting is strong and deep. He really would like to return it to the museum, and knows he should, but he just can't bear to lose it from his life. The fate of the painting takes the reader on a wild ride around the world, and provides us with an unexpected and exciting climax to the book.

Having previously read and enjoyed Tartt's novel, The Little Friend, I knew to expect creative and well-developed characters, a twisty-turny plot, and a satisfying ending; and I wasn't disappointed. Pick up a copy of The Goldfinch to discover what transpires for the painting, if Theo ever wins the heart of the red-headed girl, and what fates befall the other people in his life. It is a story that you won't soon forget!

By Elizabeth C.

Around Town: MOHAI



(If you're anxious to find out how to visit MOHAI for free, please skip ahead to the last paragraph at the end of this article to learn how.)

History

The Museum of History and Industry (MOHAI) is a history museum located on beautiful South Lake Union in Seattle's Montlake neighborhood. Opening on February 15, 1952, it is the largest private heritage organization in Washington state. The museum has grown from a collection of artifacts, documents and photographs accumulated by the Seattle Historical Society since the 1910's. In 1911, Morgan and Emily Carkeek hosted the first annual Founder's Day party at their Capitol Hill home. Guests dressed in historic costumes and brought with them artifacts and documents related to early Seattle. At the party, they dined on butter clams from local waters. Over the years, this group became the Seattle Historical Society in 1914, and the membership was limited to white settlers and their descendants.

The Society struggled for many years to find a permanent home for the museum. The museum was housed in Montlake from 1952 to 2012. As MOHAI's collections continued to grow, the Society became more civic-minded, and opened up the Founder's Day event to community and service organizations in the 1980's. The management reached out to underrepresented communities, which shocked older staff and board members.

The management has continued to focus on increasing membership of diverse communities. In 2012, MOHAI and the City of Seattle agreed to move the museum to the Naval Reserve Armory in the evolving Lake Union Park, which underwent a full historic restoration of the facility. This new location opened in December 2012, where it operates today.

Exhibits

The museum maintains an assemblage of artifacts, photographs, and archival materials mostly focusing on Seattle and the greater Puget Sound region. The museum's most noteworthy exhibits include Boeing's first commercial plane, the 1919 Boeing B-1; the Petticoat Flag, a US flag sewn by women during the 1856 Battle of Seattle; and the Rainier Brewing Company's 12-foot tall neon "R" sign. MOHAI's main exhibit occupies most of the building's second floor and provides a chronological history of Seattle and surrounding areas. This exhibit has been described as "not a timeline but a series of 22 different stories strung like pearls" in order to reveal how Seattle's past, present, and future are interconnected. Other floors display achievements in aviation, temporary and traveling exhibits showcasing collaborative projects between MOHAI and its community partners, a maritime history of Seattle overlooking Lake Union, and finally, the Bezos Center for Innovation.

Education Programs

MOHAI has developed K-12 programming to accompany its permanent exhibition "True Northwest: The Seattle Journey." These programs are designed to support teachers and students to better understand Seattle's history.



Collections

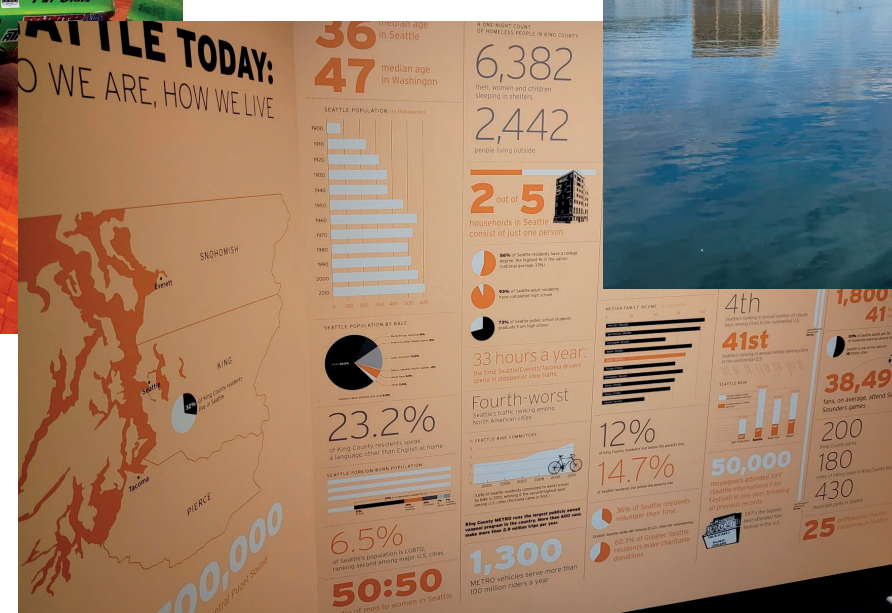
MOHAI has about 4 million objects in its collection, roughly 100,000 three-dimensional artifacts, 3.75 million historical photographs, and around 200,000 archival holdings. The photographs are primarily focused on Seattle and King County, but they also include photos of other parts of Washington State and Alaska. The archival holdings include manuscripts, photographs, maps, books, motion pictures and printed ephemera (pronounced “e-phem-er-a” which are items that are important or useful only for a short time). The archival holdings are kept in the Sophie Fry Bass library, named after the granddaughter of Seattle pioneers Arthur and Mary Denny. The library is located in Seattle’s Georgetown neighborhood and is open to the public by appointment. The current featured collection at MOHAI is “Ansel Adams: Masterworks.” It features the power of nature through the lens of America’s most respected photographer. This collection of black and white photos is on display through September 5, 2022.

Visiting MOHAI

There are several options to receive free admission to the museum through a few special programs. Under the Museum for All program, present an EBT card WIC or Faster Family credentials for free admission for up to 4 people. MOHAI’s Open Door program offers free admission to historically excluded communities and aims to reduce barriers to MOHAI exhibits. These communities include, but are not limited to, Black, Native American, Latinx, Pacific Islander, Asian, refugee, immigrant, LGBTQ+ and people with disabilities. Also, MOHAI offers accessible admission every day. A number of MOHAI Access Passes are available each day to anyone who needs them for any reason.

You can learn more about MOHAI on their website, mohai.org. Come experience Seattle’s culture and heritage at MOHAI soon!

By Elizabeth C.



The Common Times

Champion of The Commons

EMPLOYEE OF THE MONTH



Rene Hunt

Highlighted Past Trips

The MOHAI

Colman Pool
swimming

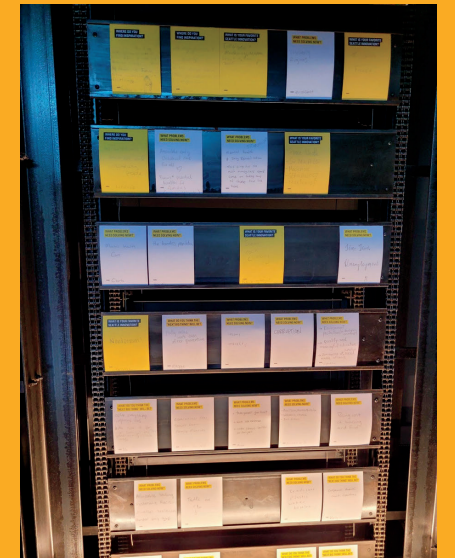
WA State Fair

Camping Trip

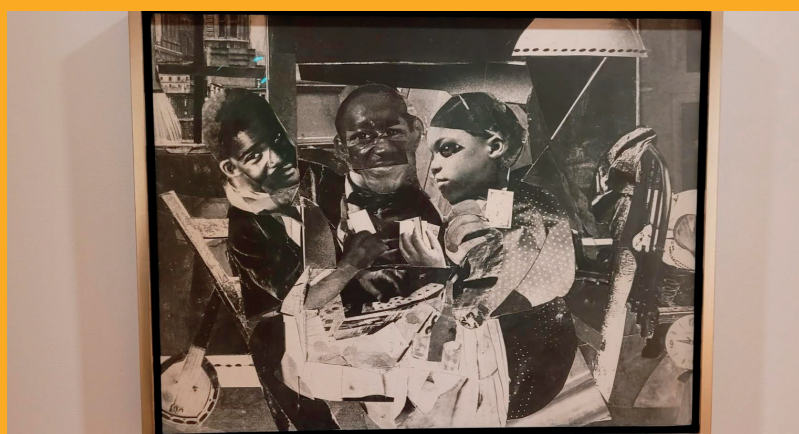
MT Arco picnic

Common's Book
Fair

Frye Museum



Summer 22 Memories



Un-Common People

Staff Interview - Cat



Catriana (Cat) joined the staff of Community House recently, working as an Outpatient Case Manager. She grew up in San Francisco. Cat says “it was pretty cool to grow up in a big city and being exposed to the culture there”. Cat misses San Francisco but she’s not sure when she’s going back there. Cat moved to Seattle in 2017 to attend Seattle University, where she got her degree in social work, and has been here ever since. She chose mental health as her career because “I have a personal connection to the field, plus there just needs to be more people working in the mental health field in general. I’m happy to participate in it and help in that way.”

Cat chose Community House for her next job because Samantha was really nice in the interview, and the pay here is a little bit better than where she was working previously. Also, her office has windows! Her goal with Community House is “to be able to do this job and do it well, to be a helpful support to my clients and mostly just to help out and hopefully make positive changes.” I asked her if there is a specific person at Community House who’s had a positive effect on her, and she replied “everybody, for the most part, but I recently took Paul O. out to lunch for his 70th birthday” and remarked that “he was awesome and a delight to be around!” As far as the staff goes, Cat stated that Samantha “is a great supervisor and I love all the case managers; Michelle, Alejandra and Jason are all great, but I’m sad Alejandra and Jason are leaving.”

“I am inspired by good weather and am trying to enjoy the summer here as much as possible”, Cat commented. She loves having access to lakes and swimming there when there isn’t a sewage burst and it is safe to swim. When she is not enjoying the great outdoors, she likes arts and crafts, and has recently been creating jewelry and making her own rug. When I asked Cat if there is anything else she’d like to share with us, she replied, “Just in case anyone is wondering, I dye my hair - this isn’t my natural color!” Cat is very fun and animated when talking, and has a good sense of humor as well. She is happy to be here, and I think she’s a delightful addition to the case manager team. Welcome, Cat!

By Elizabeth C.

Un-Common People

Member interview: Bruce H



On the third Thursday of every month, you may have the pleasure of hearing Bruce belt out some oldie goldies for karaoke. What you may not know is that he also bell rings and sings for donations for the Salvation Army during the winter holidays (usually the starting the Friday before Thanksgiving). He is a lover of making art in his free time and you may have seen his pieces on the art board in the common area.

In 1982, when lunch at Community House was \$0.25 Bruce officially enrolled in Community House. Community House has helped Bruce “thrive, grow and sustain”, he claims that it would be hard to imagine where he would be without Community House. Bruce enjoys stimulating conversation with fellow clients, and learning better social skills. Bruce grew up in Los Angeles, and was born in Chicago. He came to Seattle in 1973 and thought that it was a “beautiful city”. Bruce did try to live in Portland but it didn’t agree with him. He didn’t have any family in Seattle and believed his pioneering spirit made him want to live in Seattle officially in 1981. Bruce is constantly inspired by his big collection of vinyl, CDs, and cassettes. He believes that the best sound comes from his iPod. He loves his daughters and tries to keep in contact with them on a weekly basis and visit them as much as possible.

A typical day for Bruce means climbing out of bed before 8 o’clock, brews his coffee while shaving, listens to music and reads, then gathers his belongings to conquer the day. Bruce’s love of music came from his mother. His mother would play the radio, and rock and roll music was constantly on. Bruce is a Beatles and a Rolling Stones fan. Bruce used to find joy in drawing pictures as a kid and his passion only grew into adulthood. Now, Bruce tries to make all new Community House Members feel welcomed.

by Rosina P



Fall 2022

Day Treatment Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	Open Medication 10:15 Breakfast & Coffee	Open Medication 10:15 Breakfast & Coffee		Open Medication 10:15 Breakfast & Coffee	Open Medication 10:15 Breakfast & Coffee
11:00		Walking group	Open Medication 11:30 Community Meeting	Outing/Special Events	Game Therapy
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Food & Clothing Bank	Recovery Group	Mindfulness 1st+3rd Book Club 2nd+4th	Newsletter 1st+3rd Written Expression 2nd+4th	Music Appreciation
1:45	Medication	Medication	Medication	Medication	Medication
2:00	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ	2:00 House Job Sign Up 2:15 Start HJ
2:30	Close	Close	Close	Close	Close

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Monthly Events:

- Rotating Thursday of the month- Karaoke and Birthday Celebration**
- 1st Friday- Chess Tournament**
- 3rd Friday- Cornhole Tournament**
- Close @ 1pm on 4th Friday**



UN-COMMON ART

**SUBMIT YOUR UN-COMMON ART TO
STAFF OR EMAIL
CHMHANEWSLETTER@GMAIL.COM**

Eternal Wedding

Janet,

If it is true there is life after death

in the next world.

I am glad that you and I

Shall pass on to the next world

As eligible bachelor and bachelorette.

Janet,

if it is true there is life after death.

I will pray to God to make my infinity

by letting you be my eternal wife.

No one,

By Onieka

absolutely no one else

will I undertake

Such a grandiose risk.

Sorry Janet:

“For in the resurrection they neither

marry,

nor are giving in marriage,

but are as the angels of God in Heaven.”

Matthew 22:30.



D.A.F.F.

Acronym:

Diana Alexander Fleurima forever,

or

Drifting Away From Fleurima?

I do not know why, but like a neon sign

it looms on from my subconscious mind

to my conscious mind.

Moment to moment I will experience

a sense of emptiness.

Moment to moment I will experience

a sense of our relationship drifting away.

I do not know why I felt like I am losing you.

By Onieka



Luann H



Robert K



He threw a stick – colors flying through the air, whistles vibrating ears, and the smell of fresh grass growing underneath – changing the foundation of the earth. Flowers sprouting as the stick goes overhead, clouds being erased and sunshine bathing the flowers – reds, blues and multi colored, from dreams of mystical forests – and lakes, waterfalls and streams, coming to life, as if someone breathed life back into them. He began to glow, brighter – rainbows began to spread around him as a halo began to form, blocking out the darkness of before. Thunder began to shake the world, magma spewed from the earth with fierce tenacity, killing the flowers that had just been birthed, the waters began to shake until giant waves began to form, her fierceness changed his landscape with her rage. Her arrow shot through the air – flames trailing behind as wind and shear force drove the seas apart and shook the ground underneath – until the stick and arrow met and birthed the world.

Un-Common Puzzle

Word Search

S N N F K A E J P N B P R R M
 B H N R H O Z I E K O K A O E
 Q L O N J M K Q N A E F E T E
 D T O E E C P B G P D B B A R
 S I R S P L Z X U E B P R G K
 L D V O U R E S I R J B A I A
 E G F S K I I P N L Z W L L T
 A F W A D N A P H A D G O L C
 D H F R R N C G D A G S P A X
 B L S A W D S D M O N K E Y Y
 R T G W R M P I A I B T H Y F
 O N E O T I N T X E U P O Y P
 C Y M J R F G D A Y B F X H D
 T I G E R F Q R K Z G P M I Z
 X K X F P Y P D C U D A O T B

Sudoku

			2		1	3		7
	1	7	3		5			
		2				9	5	
	9		8	3				
7	4							
			1	4			3	
		8		6		1	7	
					8			
	6			2	4	5		

How To Play:

Locate the given words in the grid, running in one of eight possible directions horizontally, vertically, or diagonally.

Alligator	Bear	Elephant
Frog	Giraffe	Goat
Lion	Meerkat	Monkey
Panda	Penguin	PolarBear
Stork	Tiger	Toad

How to play

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

Answer Upside down

8	9	5	4	2	7	1	6	3
3	2	6	8	1	5	9	7	4
4	7	1	3	6	9	8	2	5
6	3	7	9	4	1	5	8	2
9	1	8	2	5	6	3	4	7
1	9	6	8	3	7	2	4	5
8	5	1	6	9	4	7	3	2
2	8	4	5	9	3	7	1	6
7	6	3	1	8	2	4	5	9