

♥ GOC GAZETTE ♥

THE NEWSPAPER FOR THE  
GAINESVILLE OPPORTUNITY CENTER



THE STATE OF MENTAL HEALTH IN OUR STATE.

As I was preparing for this months newsletter, and figuring out what I wanted to write about I was reminded of something that happened shortly after moving to Florida. I was looking for a new car, after my mini-van had died, and found “a gem”: A 1990 Jeep Cherokee Sport for \$1000! I was so excited; I took my husband with me to go look at the truck. It had new tires, a clean engine and looked great. We took it for a test ride and bought it. Shortly after we bought it, we noticed that it would shake after 65 mph, we brought it to our mechanic, who promptly charged us almost \$800 dollars for new tires, and the ones on the car were the wrong size. Additionally within a year we spent another \$1000 in repairs. It was a classic example of “you get what you pay for.”

After the tragedy at Sandy Hook elementary school, there has been a lot of, for lack of a better word, “Grandstanding” about mental health treatment in this country. Politicians and Advocates calling for system-wide changes, looking at funding and treatment, yet our governor submitted his budget to the House and Senate with \$5.3 million in cuts to Adult Substance Abuse, \$1.1 million in Children’s Mental Health, \$851,902 in the Forensics’ Commitment Program and \$1.1 million in the Sexual Predator Program. There were additional cuts, some in programs that were unclear. So what does this mean for us?

Though he presented no cuts to Adult Mental Health Services, it does NOT mean that our services won’t be cut. Both the House and the Senate have proven that they do not mind cutting services to adults who are living with a

mental illness. Over the past 6 years, they have continually made cuts to the community mental health line items, decreasing available services, sending adults who are living with a mental illness into jails and hospitals which cost the state and tax payers thousands of dollars more. They justify this as being “Fiscally Responsible”...really? If I ran my business that way, I’d be out of business in a week.

I realize community mental health care is expensive but the costs of not providing it is greater. Jails cost over \$1000/day for a forensic bed, hospitals run around \$350/day, and community mental health runs from \$25 - \$120/day. Tell me which one is cheaper? Add to all of this the cuts that have been made to the Medicaid and Medicare Programs, which limit billable services in areas such as Case Management, Short-Term Residential Treatment, and even hospitalizations. We keep cutting services and then we wonder why tragedies happen.

So what can you do to help make the needed changes? First, contact your state congressman or representative. Ask them to support finding additional funding for Mental Health Services. Write other senators and representatives who are on key committees. Tell them how you feel. You are tax payers, and you count. Next, talk to county and city officials, let them know how you feel. Make your voice heard. Individually we won’t be heard, but if we all stand up and yell the same message at the same time...they will hear us. United We Stand...Divided We Fall!

By Pam D



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The Gainesville Opportunity Center's Board of Directors	
Bruce Stevens - President	
Andy Bernard - Vice President	
Patricia Sokol -Treasurer	
Barry Wagner -Secretary	
Markus Dietrich	
Sandy Callan	
Jennie Whitson	
Jodi Irving	

<b>OUR CALENDAR</b>	<b>FEBRUARY BIRTHDAYS</b>	
2ND GROUNDHOG DAY 12TH LINCOLN'S BIRTHDAY 14TH VALENTINE'S DAY 18TH PRESIDENT'S DAY	9TH DEBRA O. 10TH JAMES R. 11TH CRYSTAL A. 14TH CHRISTINE M.	17TH PAULA H. 22ND MARK H. 29TH JOSHUA D.



**Happy Birthday  
Everyone!!!**

**Clubhouse Employment, Education, and Volunteerism Page: *Our Members at Work!***

**Education**

Member	Location	Degree
Mike L.	Santa Fe College	College Prep
Deb O.	Santa Fe College	Business
Sandy C.	Argosy University	Psychology
Joel A.	Santa Fe College	GED

**Volunteer Work**

Member	Position/Work Site	Hours/Week
David S.	Dog Walker/Gainesville Pet Rescue	4
Greg W.	Horse Care/Mill Creek Horse Farm	20

**Supported and Independent Employment**

Member	Position/Employer	Hrs/Week
Andy B.	Kitchen Asst./St. Francis H.S.	25
Andy B.	Dishwasher/Meridian	5
Sara O.	Peer Specialist/Meridian	16
Jane B.	Courtesy Clerk/Winn-Dixie	25
Sandy C	Peer Specialist/Meridian	20
Victor A	Accountant/Harrigan's	20
Regis G.	Clinical Supervisor/Discount Counseling Group	3
Regis G.	Group Leader/Clinical Director	40
Frances S.	Peer Specialist/Meridian	16
Tommy A.	Stocker/Catholic Charities	4
Dave B.	Carpenter/Self Employed	2
David J	Groundskeeper/Meridian	4
Deb O	SE Newsletter Editor/Meridian	5
Joel A.	Shipping & Receiving/Express Employment	PRN
David S.	Peer Mentor/NAMI	2
Ryan J.	Grounds Keeper/Millhopper Montessori School	35
Chris F.	Cart Return/Wal-Mart	20

**Employment Quote of the Month**

“With the changing economy, no one has lifetime employment. But community colleges provide lifetime employability.”  
-Barack Obama

**CONGRATULATIONS TO**  
  
**Alexis for Co-Facilitating the NAMI Connection Support Group!!!**

- *Need a job?*
- *Don't know what you should do?*
- *Submitted applications but haven't gotten a job?*
- *We can help!*

**Stop by Monday, Wednesday, Thursday or Friday to see Pam or Ross or call them at 224-5523**

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Club open</i>	2 <i>Groundhog Day</i>
3	4 <i>Club open</i>	5 <i>Club Closed</i>	6 <i>Club open</i>	7 <i>Club open</i>	8 <i>Club Open</i>	9
10	11 <i>Club open</i>	12 <i>Club Closed</i>	13 <i>Club open</i>	14 <i>Valentine's Day</i> <i>Club open</i>	15 <i>Club open</i>	16
17	18 <i>President's Day</i> <i>Club closed</i>	19 <i>Club Closed</i>	20 <i>Club open</i>	21 <i>Club Open</i>	22 <i>Club open</i>	23
24	25 <i>Club open</i>	26 <i>Club Closed</i>	27 <i>Club open</i>	28 <i>Club Open</i>		



Board of Directors Interview: Barry Wagner



How long have you been on the Board of Directors?  
 I reviewed some of my old files and it looks like I joined the Board toward the end of 2007.  
 What kinds of things do you do on the

Board of Directors?

The Board meets once a month and reviews the finances and operations of the GOC. We make sure that the budget is being followed and that operations are running smoothly. We also make plans for the future such as when we needed to relocate the GOC, or submit grants, or plan for fund raising.

How did you find out about GOC?

I was invited to attend a Board meeting by other Board members that I had worked with when I was the administrator of Vista Pavilion.

What made you want to become a part of the GOC Board of Directors?

When I worked at Vista Pavilion, I became very aware of the challenges that life presents for individuals who have to deal with chronic mental illness. I was also impressed with the dedication of those that are part of the treatment community for mental health issues. The best part of my job at Vista was having a small part in making life easier for the individuals who needed treatment from us. When the opportunity was presented to again be a part of having a positive impact on people living with mental illness, I was excited and honored to participate.

What is most rewarding about being on the Board of Directors?

It is very rewarding to have a small part in an organization that has such a positive impact on others.

Do you have any other connections to the mental health field?

As I mentioned in an earlier question, I was the administrator of Vista Pavilion. I held that position from 1990 to 1995.

What do you do for a living?

I work for AvMed Health Plans as Vice

President for Claims and Service Operations. I have been with AvMed since I left Vista Pavilion. At that time, our parent company, SantaFe HealthCare, owned Vista Pavilion, along with several other hospitals, including Alachua General Hospital, and AvMed.

Do you have any kids?

I have two children. My daughter, Analiese, is a junior at Gainesville High School. My son, Daniel, is a sophomore at the University of Florida.

Do you have any hobbies?

I took up cooking a few years ago, so I often prepare the family dinner on Sundays. I also enjoy sports and being outdoors, including kayaking, rock climbing, hiking, tennis, and racquetball. My daughter, Analiese, and I spent 5 days hiking on the Appalachian Trail last summer.

-by David S.

## The Origin of Valentine's Day



The history of Valentine's Day--and the story of its patron saint--is shrouded in mystery. We do know that

February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite?

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl--possibly his jailor's daughter--who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and--most importantly--romantic

figure. By the Middle Ages, perhaps thanks to this reputation, Valentine would become one of the most popular saints in England and France.

Valentine greetings were popular as far back as the Middle Ages, though written Valentine's didn't begin to appear until after 1400. The oldest known valentine still in existence today was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. (The greeting is now part of the manuscript collection of the British Library in London, England.) Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine's Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900

printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.

Source: [www.history.com](http://www.history.com)

*By David S.*



## A REAL NCAA National Football Championship!



The first Bowl game ever was between the best west coast team and the best east coast team. The Stanford Cardinals (the West) beat the Michigan

Wolverines (the East). The score was so lopsided that Stanford called the game over after the third quarter. The score was 49-0. That Bowl experiment didn't work and was cancelled.

The BCS was created to end teams with split championships, and the Champion to win the title on the field between teams selected by the BCS. They failed in that regard, because as the 2003 NCAA Division I-A football season ended with a tie.

The BCS was created by six conferences: the "Atlantic Coast", Big East, Big Ten, Big 12, Pacific-10 (Now Pacific-12), South

Eastern conferences, and the three FBS independent schools. The BCS has turned to allow other conferences to participate to a smaller degree. It has been in place since 1998. Before its formation, the top two teams were Associated Press' top two teams met in Bowl games only eight seasons. Comparatively, since the creation of the BCS, number one has played number two 12 years in a row by BCS measurements and nine times according to the AP Poll.

The Bowl system was less than perfect from 1992 through the 1994 season. To address problems, five conferences, six Bowl games, and leading independent Notre Dame joined forces to create the Bowl Coalition, which was intended to form a more perfect way of finding a national champ.

The fact is that no system will be perfect

until there are playoffs. Yes, the bowl cities would lose money and the best team would not necessarily win the championship. But who's to say who the best team is? The SEC right now is the dominant conference but I see that slowly changing.

The only way to truly stop the arguments is a playoff system. My idea is to include Bowl games into a playoff system. The Bowls will not lose money. It should be like the NCAA bracket. The playoffs will have one game, not best of seven. It would start with 32 teams, 16 Bowl games, then 16 teams, 8 Bowls, then 8 teams, 4 bowls, 4 teams, 2 bowl games. Finally the last two teams standing play for the National Championship. Each team has the same opportunity. No complaints.

*-By Mike L.*

Fun Facts About Valentine's Day



**141 million** Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular

greeting-card-giving occasion. (This total excludes packaged kids valentines for classroom exchanges.) (Source: Hallmark research)

**Over 50 percent** of all Valentine's Day cards are purchased in the six days prior to

the observance, making Valentine's Day a procrastinator's delight. (Source: Hallmark research)

Research reveals that more than half of the U.S. population celebrates Valentine's Day by purchasing a greeting card. (Source: Hallmark research)

**515** locations produced non-chocolate confectionary products in 2004. These establishments employed 22,234 people.

**1,241:** The number of locations producing chocolate and cocoa products in 2004.

These establishments employed 43,322 people. California led the nation in the number of such establishments with 136, followed by Pennsylvania with 122. (Source: <http://www.census.gov/prod/www/abs/cbptotal.html>)

There were **21,667** florists nationwide in 2004. These businesses employed 109,915 people.

Data courtesy of the U.S. Census Bureau

Source: <http://www.history.com/topics/valentines-day-facts>



Volunteer Interview: Andrew B.



**How did you find out about GOC?**

I went to volunteering place on campus, and heard about GOC, and thought that I could relate to the people at GOC.

Yes. I am diagnosed with ADHD, and Bi-Polar disorder. I deal with anxiety, too. I haven't had as many symptoms recently, as I have had in the past.

**Do you have any hobbies?**

Guitar, art, and reading. I like to draw with pens, pencils, and colored pencils.

**How old are you?**

25 years old.

**What kind of things do you want to do here?**

Talk to people, and do the clubhouse tasks.

**Have you ever been to other clubhouses, before?**

No.

**Why are you here?**

To personally grow, to get myself out of my own head, to spend time with people (that's number one), and to get out of the house.

-by David S.

**What do you have to offer GOC?**

I think I have positive charisma, and am a good person. I'm doing this for my own personal development, too.

**Do you have a mental illness yourself?**



**Romance On a Budget ???**

Are you looking for a nice place to take your sweetheart to celebrate Valentine's Day? Are you on a tight budget, and don't have a lot of money? There are options in Gainesville. We have included a list of the Top 10 Restaurants in Gainesville, where we thought you could get a good meal, on a budget, and be romantic at the same time.

**Here's our top 10 In no particular order.**

- ♥ Satchel's: Funky atmosphere, great food, and one of the best salads in the city. Add to that live music...what more do you need?
- ♥ Tasty Buddha: This was a no brainer. The location on 43rd Street is nicer

than the one on 23rd, and more secluded. Great food that is heart healthy.

What more do you need on Valentine's Day!

- ♥ Bento's: The outdoor tables, lit by candles, great food, on a budget!
- ♥ Chopsticks: The location. 13th Street location has lake front dining on a budget.
- ♥ Chipotle: You can build your own food, in a modern atmosphere, and its funky.
- ♥ Mi Apa: It's got a very relaxed ethnic atmosphere, especially when you sit outside.
- ♥ Pomodora: Italian food, with darkened tables, a little more pricey but great food.

- ♥ Olive Garden: Good food, and a lot for the money.
- ♥ Las Margaritas: Easily one of the best Mexican places in the city. It's a great atmosphere, with great food, and can be as hot as you'd like it.
- ♥ Leonardo's 706: Nobody beats Leonardo's Pizza and the atmosphere of 706 is definitely upscale, but with a low scale budget. The regular menu can be pricey, but the pizzas...a great value and can be shared. Isn't it romantic?

Did we miss something? Do you disagree with our choices? Let us know and we'll publish your responses in the next newsletter.

**HAPPY VALENTINE'S DAY!**

Art Page

SUNSET OVER THE PARKING LOT.



- Devon D.

Lost Love

Lost in thoughts of what I thought love was.
the intoxicating infatuation had me lost, with a buzz.
two hearts together, hoping this would last forever.
through the better and the worst, I'll take her love whenever.
Left in the past, but my memories still remain.
since the day I earned your love I have never been the same.
I wonder how you feel dear woman I shall not name.
because my heart has since been missing.
And you're the one to blame

-Jorge N.

ABOVE



-David S.

The GOC

A universe said to The Man "sir, you are broken"
And so his switch was cut which wrought
In him a tired, tolling sigh, his soul's deflation
And so it was until a man said to the man "sir, you exist"
And lent him tired eyes
And to The Man, he spoke, then screamed acceptance, understood, and
then The Man... THE MAN! The man's world
shifted, plates aligned, and he was taught
Forgiveness is humanity's embrace. The man once taught was I.

-Anonymous



LAST WORD

- "Love." -David S.
"Cheerful." -Paula H.
"Heart." -Kim I.
"Again." -Ryan J.
"Progress." -Pam D.
"Purple." -Elizabeth L.
"Love." -Travis H.
"Unity." -Mike L.
"Funny" - Devon D.
"Love." -Cheryl
"Stars." -Jorge N.
"Happiness." -Liana S.