

JULY - AUGUST 2018



Seacoast Path Seekers

www.seacoastpathways.org

Seacoast Pathways is a free and voluntary recovery program for adults living with mental illness. To learn more about us, visit us at seacoastpathways.org or join us on Facebook at Seacoast Pathways, a Clubhouse.

Fragment

By Judy

At a wedding, a girl is given a hope chest for her memories. In it is a tea dress, a tea set, the newest modern bathing suit of 1859, a pearl wedding necklace for a keepsake, a photograph as well.



The grandparents dance on the beach at midnight, as a comet's shadow crosses the eon-aged sands.

Judy is Pathways' resident scientist, poet and visionary. To see what that "modern bathing suit of 1859" might have looked like, see page 4.

afternoon, meaning staff often has to stay onsite after clubhouse hours. Staff will contact CTS to suggest rides to and from the clubhouse conform with clubhouse hours. *Call Coordinated Transportation Solutions (CTS) toll free at 844-259-4780 to arrange rides to and from Seacoast Pathways.*

Help out another clubhouse member by *not* adding to their workload! Please clean up after yourself: Coffee mugs, that means you! Dishes should be rinsed and left in the Yellow Submarine

YMCA Monday visits are suspended pending further discussion. Reading group will resume in the Fall.

A check-in will take place at the beginning of morning and afternoon meetings.

Policy Meeting —

July 27, 2018

By Scott

Q: Community outreach: Should we host a weekly open house for the public? **Discussion:** It might be tough to schedule a time during the week for this but it's worth a try. We could invite reporters or people from the western side of the state. Everyone is in favor of trying it out on Monday Aug 27th.



Morning Meeting Update: We

have instituted a roundtable for members, staff and volunteers to "check-in" with others at the end of morning meeting. We need to reserve adequate time for the unit meetings as well, as these now follow the roundtable.

Clubhouse Hours

Members, staff and volunteers should observe opening and closing times of the clubhouse day. These are 9:30 am to 3:30 pm.

Sometimes, Coordinated Transport Services (CTS) drops people off at the clubhouse before it opens in the morning, leaving members with no place to go. Conversely, CTS sometimes comes later in the

Nutrition classes resume!

Seacoast Pathways will again be hosting a nutrition class. Starting Monday August 20, the UNH Cooperative Extension will send us a student nutritionist to advise us how to live healthier lives, at the clubhouse and at home.



Seacoast Pathways advises Traumatic Brain injury Support Group

Seacoast Pathways was delighted to have visitors on August 10th from the Nashua area who are hoping to form a Clubhouse program for individuals with traumatic brain injury. This is a very exciting prospect because the Clubhouse Model is well-adapted for this population, and there are several around the US.

We told them about our formation starting in 2014 and the generosity of our community to get us started – including the North Church Parish House for offering

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Rock Stars in Our Midst!

Jim G and Rocky Reach Mountaineering Goal
By Jim G



Painting by Jim G

As part of my recovery, I started walking with my dog Rocky in 2011. By the end of that year, we had even “walked up (and down)” two of New Hampshire’s 48 mountains measuring 4,000 feet or more in height. That’s when I set a goal for Rocky and me: two down, 46 peaks to go. There were no

time restrictions, and in fact we made significant progress in subsequent years.

Some climbs lasted all day, 13 or 14 miles, while others could be hiked in pairs in a single day. In 2016, five years after we summited our first peak, it looked like we might make it to 48.

That year, we hiked for 18 miles, a rugged trek over rough terrain broken only by two water crossings. That’s when I realized that only three peaks remained.

The next morning, we started our journey in darkness. But daylight came quickly, and we climbed and hiked without difficulty over some inconsequential terrain.

I had already decided to take a single, 20-mile shot at those last three peaks.. When we reached the first peak, Rocky and I were really fatigued. With the encouragement of other hikers, we forged ahead. We reached the next peak, and finally: Mission accomplished.

There were other hikers reaching their goal of 48/4000 that day. One of them lent me a towel with a big 48 on it, and then took my a great picture of Rocky and me. What a proud moment.

But we had another 10 miles to go, just to reach my car. We hiked mostly in darkness, but at last, we made it.

I had to make one last stop, at the nearest convenient store, where I replenished my energy with a bottle of delicious water before the long ride home. And there, in that convenience store, it finally sank in. Rocky and I had climbed 4,000 feet of mountain terrain. Forty-eight peaks. That made us part of NH history.

I was too tired to do the math. I looked at Rocky. He looked up at me. Good man. Good dog. Good job.



Traumatic Brain Injury, Continued from page 1

space in their building. They are working to attain Medicaid billing ability, as we are, and we hope to join in a NH Clubhouse Coalition one day soon. We wish them the best of luck and will help them as much as we can. They left feeling uplifted and excited for the possibilities, and so are we!



Bucket List

www.ranker.com/list/bucket-list-ideas/lauren-slocum

- 1 See the Northern Lights
- 2 Road Trip Across America
- 3 Get in Shape and Feel Good About Your Body
- 4 Visit Paris
- 5 Visit Alaska
- 6 Watch a Meteor Shower
- 7 Learn a New Language
- 8 Ride a Gondola in Venice, Italy
- 9 Ride in a Hot Air Balloon
- 10 Fly First Class



Seacoast Pathways Bucket List Items — Mix 'n' Match!

Who said What? Match the statements in quotes with the Pathways Person by writing the letter next to their name in the blank space besides the quotes: (PRIZE?)

I'd like to acquire a Powered paraglider (I think in another life I must have been a bird). _____

Go to Tokyo. _____

Start a band and give it this motto: “When I rock, I roll, and when I roll, I rock.” _____

Start a pen pal company: “The Pen is mightier than the Sword, and using it makes more friends.” _____

Make a million dollars, and then spend it. _____

Take an Alaskan cruise. _____

Keep hanging out with my friends and my family.

- A. Anne
- B. Dirk
- C. Scott
- D. Greg
- E. David L
- F. Darby
- G. Joey

**Ask Us How
We Really Feel!**

**The Seacoast PathSeekers
Arts and Literary Supplement**

“In the Good Ole Summertime” . . . REALLY??

By Joe

Just about everyone who knows me knows I love the summertime!

However . . . ahem . . . there are some things about summer that pose difficult challenges, even for me.

Let's start with morning coffee on the porch. It's 7 a.m. and not a creature is stirring, right? It seems our friendly Department of Transportation workers are early risers, and so there we sit, sleep in our eyes, mugs of coffee in our hands, listening to the wonderful sounds of bulldozers and trucks repaving the roads or laying new pipes or . . . just making noise to bother us? Why?

And why is it that on the exact date of our big summer family reunion, our neighbor decides to sandblast his house? *Grrrr*. Then there's the matter of keeping our yard and general property from turning into an amazon river forest. The hedges, the lawn, and WEEDS everywhere! How long have we been a civilization? Isn't there a way to stop all this?

Now for the cat. Tuffy is a wonderful and thoughtful companion, so thoughtful that in the summertime he makes his daily delivery to the back door. Oh goody let's see what it is today? A mouse, a chipmunk, half a snake? Is it dead or just suffering a cruel torture? And who must carry out the last rites . . . ahem . . . that would be me. Embalm, inter, heave ho!

The *pieces de resistance* are the two LIVE BATS which start flying around the house in early August, scaring the everlovin' bejesus out of us. As if their physical presence weren't unsettling enough, we have to worry whether they are rabid. Will they bite? Will I be sent to Wentworth Douglas Hospital and sent home with a bill my insurance won't cover? (I read about a couple who had to do this, and their bill was \$30,000.)

So lighten up, pour a tall glass of lemonade, and contemplate the joys of summertime. Your lemonade will attract more mosquitoes and bees than you ever imagined.



Love, Simon

Movie Review by Jim O'C

Love, Simon is the story of a high-school student who comes from a loving family and enjoys a circle of supportive and popular friends. Yet Simon is afraid to tell any of them that he is gay, because he fears that family as well as friends will abandon him the minute they learn the truth.

In the beginning, Simon struggles to face his own fears and open the eyes of other people, for him and maybe for them as well. By the end of the film, he learns to trust his friends and family, and ultimately — and most importantly — himself.

Simon's story is about a young man's fear of identifying himself as gay. But the movie is also about something more. *Love, Simon's* truth is not only that it really happened, but that it is universally true. It takes courage to live with oneself, as Simon ultimately decides to do. And until anyone experiences that moment of truth, and admits he or she is lying to a



friend, family member or other loved one, you cannot know the sweet exhilaration of just being.

Won't You Be My Neighbor?

Movie Review by Jim O'C

The greatest thing we can do is to help somebody know that they're loved, and they're capable of loving.

Fred Rogers was brought up in a wealthy family in Philadelphia. Though his family was loving and supportive, he knew firsthand the pain of being teased as a child. Somewhat pudgy when he was growing up, he became an avid swimmer, swimming his way to the familiar slender and soft-spoken man on TV, with a child-friendly "neighborhood" where children could feel safe, loved and loving.

Critic Joe Morgenstern calls *Won't You Be My Neighbor?* a "beautiful film, celebrat(ing) a deeply good man with a great gift for repairing." The movie's subject respected others. He taught people that it's not right to make fun of others. He was very much a loving and caring gentlemen, an inspiration to so many children and today children as well as adults.

A father with kids of his own, Mister Rogers wanted to show children coping with situations they faced in every day life. In the process, he loved them for being themselves and taught them to do the same.

Love Simon,
Love Mr. Rodgers, and

Love, peace and friendship from Jim O'C



Another Day at the Beach — Sand and Skee

By Jim O'C

It was a great day at Hampton Beach, where my friends Erin and Photohead joined me for a day of fun and relaxation.

We enjoyed the food, the people, and of course the strange and beautiful figures made of sand, which were on display for the 18th Annual Hampton Beach Master Sand Sculpting Classic. Although it was a beautiful day, we didn't go for a swim; the water was too cold, even for wading and splashing! So we settled for lunch at the Sea Ketch, a restaurant overlooking the Atlantic Ocean. I remember a time from my childhood, when it was a take-out place, one of the best places to go for seafood on the beach.

I went to Hampton Beach with my family for the summer and also worked at many businesses there over the years. One of my favorite childhood memories involved a game called skee-ball, which I love to play even now. Playland has the largest selection of pinball machines at Hampton Beach. For my lifetime at least, and I'm 58 years old (I know, you don't believe me, right?), Playland has been there, great for a skee ball fan like me (and others).

My family's love affair with Hampton Beach started long before I came along. My mother grew up on J Street, and she remembers how she spent summers on the beach and the rest of the year in Manchester, NH, on Beach Street!



Hampton Beach is one of the best beaches around, with plenty of clean restrooms and great places to eat and play games. So grab a few friends and go to the beach — you deserve it! And go to Playland and get hooked on skee-ball, like your friend,

Jim O'C.

Seacoast *Pathseekers*

Limericks in the Garden

Tomato fest's in the works
We'll need a supply of forks
Whether green or red
We'll all be well fed
While we watch an old film with Don Birch.*

*Star of *Attack of the Killer Tomatoes*, a 1978 movie with a cult following.

About that Bathing Experience for Women, c. 1850's:



The GOOD . .



The RIDICULOUS . . .



AND THE INFURIATING!

The men had the best of it; they were allowed to bathe in drawers, and could plunge off one of the small boats that often patrolled along the front of the beach. Meanwhile, the vans and bathing-places for women were set far apart from those reserved for men, to guarantee that the modest woman in her bathing costume would not be seen by the opposite sex. Nevertheless, they often were still open to the gaze of spectators on the beach, who were usually not fenced off from the female bathers.

Limericks in the Garden

Just put some seeds in the ground,
Many were scattered around.
Watered them well
A few of them fell
Soon we'll have herbs abound



There once was a compost pile
Overflowing with rustic style.
With pitchfork in hand
My forearms half tan
I check on the soil's profile.

