

# COMFORT ZONE NEWS



COMFORT ZONE

Volume 1, Issue 1

February 2010

## Comfort Zone Receives Generous Donation

A few days after Christmas, Comfort Zone was surprised and thrilled to receive a letter from Sisters of Providence, along with a generous donation of \$1,500. The donation could not have come at a better time for Comfort Zone. The landlord had just informed Comfort Zone management that the plumbing at the Carnation Building was being plugged up by grease and that it would be necessary to have a device known as a grease trap installed in the kitchen.

The grease trap prevents grease from entering the plumbing system and causing problems with the plumbing. The grease trap itself is expensive and it also requires a plumber to install it. Now, thanks to the generosity of Sisters of Providence it was possible for Comfort Zone to have the grease trap installed.

The donation from Sisters of Providence has also helped to offset the expense of the cold buffet server and chafing dishes that Comfort Zone recently purchased. The buffet server and chafing dishes make it possible for Executive Chef Scott Kaiser to serve his wonderful meals at the correct temperature and keep food at a safe holding temperature. Now the hot food that is served hot will stay hot and the cold food that is served will stay cold.

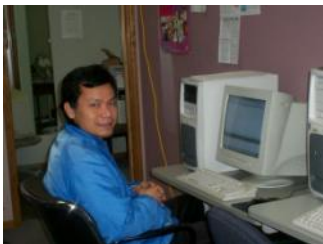
Sisters of Providence has remembered Comfort Zone, and Comfort Zone is happy and proud to have Sisters of Providence as a partner in their mission of providing a safe, comfortable commu-

nity to people with a mental health diagnoses.



Comfort Zone's new cold buffet server on left and new chafing dishes on right. The beautiful mural in the middle was entirely painted by people who come to Comfort Zone.

## Cyber Café Receives Donation



Comfort Zone likes to boast about the wonderful Cyber Café they have available. Thanks to a generous donation of two refurbished computers from Free Geek, the computer tech in the Cyber Café, Jim Luttrell, can keep the Cyber Café running smoothly.

The Cyber Café has a number of computer applications available on its computers and all the computers in the Cyber Café have internet access. The Cyber Cafés Jim Luttrell is available to help

people with computer questions or even teach folks new computer skills.

Everyone at Comfort Zone wants to thank Free Geek for being such a constant support to the Cyber Café. Comfort Zone would also like to remind people that they can earn a computer by volunteering at Free Geek. If you are interested in the program please see Jim Luttrell when you come to the Cyber Café, for more information.

### Special points of interest:

- VALENTINE CUSTOMS OF OTHER LANDS
- OUTINGS PAST AND PRESENT
- MEET NEW EMPLOYEES
- READ ABOUT FREE THEATRE OPPORTUNITY FOR COMFORT ZONE
- SEE BILL PERKINS' NEWEST ART WORK & READ HIS LATEST POEM

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## How Other Cultures Honor Love



Chocolate and roses have become traditional ways of honoring love on Valentine's Day in the U.S.

In the United Kingdom Valentine's Day has regional traditions. In Norfolk, for instance, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for the children.

Wales celebrates St. Dwynwen's Day on January 25th instead of or, as well as, Valentine's Day. The day commemorates St. Dwynwen, the patron saint of Welsh lovers.

A candy manufacturer began

a tradition in 1960 that holds true in Japan today. The custom holds that only women may give chocolates to men, especially office ladies will give chocolate to their co-workers. A man's popularity can be measured by how many chocolates he received on Valentine's Day. A month later a day known as White Day or Reply Day is celebrated. On this day men are expected to return the favour and give chocolates to those who gave them chocolates on

Valentine's Day.

In Korea men give their beloved a gift a month after Valentine's Day, on "White Day". This is the day many men confess their love for the first time to their sweethearts. There is a "Black Day" on April 14th for people who received nothing on Valentine's Day. On Black Day singles get together to eat noodles with black sauce.

## Valentine's Day Celebration at Comfort Zone

COME ENJOY  
THE VALENTINE'S  
DAY THEMED  
MEAL AND  
ACTIVITIES ON  
SATURDAY,  
FEBRUARY 13TH

In the U.S. celebrating Valentine's Day usually means the giving and receiving of greeting cards, chocolates, flowers and maybe sharing a romantic dinner with your special someone.

Valentine's Day falls on a Sunday this year so Comfort Zone will celebrate Valentine's Day on the day before Valentine's Day which is Sat-

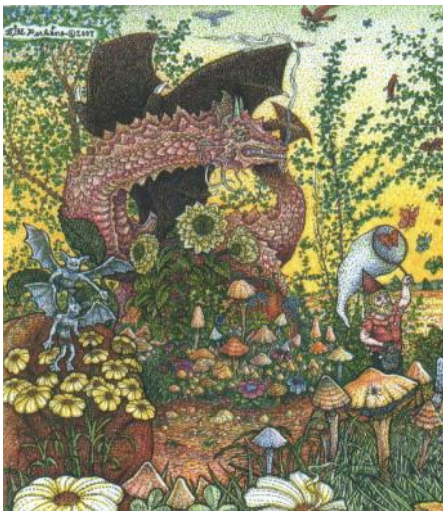
urday, February 13th.

Scott will be whipping up a fabulous meal that day like he does every day Comfort Zone is open. Scott is sure to have some extra-special Valentine's Day desserts that day too.

Comfort Zone will be giving out special treats, in honor of Valentine's Day and every-

one is encouraged to join in the fun by exchanging Valentine's Day cards with their friends.

The meal on Saturdays is served at 1:30 pm but Comfort Zone usually has the doors open by noon on Saturdays.



## Dragon Garden By Bill Perkins ©2009

There is a dragon in the garden that few could want or even see,  
That seems quite strangely unfamiliar both to you or even me!  
It sits among the flowers so large and full of sunny bloom,  
And seems to be of no real notice as of to why or even whom?  
A little gnome goes running by unawares of danger looming great,  
And catches butterflies inside his net without a thought of his own state.  
The dragon soon may eat the little gnome and gladly rip-off his head,  
And so I fear if all is not so well then it will turn up as I so dread!

By the light of a faltering lamp now by this mattress of distrust do I a-bed,  
To lay-me-down as for once-and-all the problems here that I have said!  
So perhaps he wins, or perhaps he loses and the little fellow of this dragon is saved,  
To find his way to another of days so far beyond some certain grave?  
But the dragon appears again once more munching in his garden green,  
And the little gnome passes around again as if he thinks he's unseen?  
He waves his net for flies to get and to play this destiny game,  
To try his luck without getting stuck in a monster's jaws of fell blame!

## Outing Information

In January the Comfort Zone outing was to the movies. The van picked up everyone at the end of the MAX line and from there they drove to Roses Restaurant and Bakery in Portland on NW 23rd. After lunch the group went to Moonstruck Chocolates to enjoy some chocolate and coffee. The film the group saw was **"The Imaginarium of Dr. Parnassus"** at Cinema 21 in Portland. The film got great reviews from the group

best of all Comfort Zone paid for the movie.

In February Comfort Zones' outing will be to the movies again. On Tuesday, February 16th the outing will be to the Cornelius Cinemas to see **Avatar** in 3-D. We will be attending the first showing of **Avatar** so the van will be picking folks up at noon at the end of the MAX line. Comfort Zone will again buy the movie tickets but you must purchase your own refresh-

ments.

As always, there is a \$5.00 deposit for the outing when you sign up but that deposit will be returned to you the day of the outing when you show up.

If you have any suggestions for future outings or have questions about the outings please call the office at 503-681-7900 and let us know.



Come enjoy a free movie during the monthly outing in February.

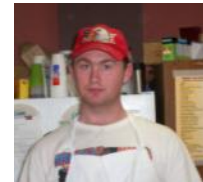
## Getting To Know You

Comfort Zone has recently added three new employees to their family. James is working for Comfort Zone as a kitchen helper and doing a great job. James is affectionately known as TJ and is with Lifeworks. He learned about Comfort Zone from one of the Employment Specialist at Lifeworks and T.J. thinks being able to socialize at

Comfort Zone is great. TJ even brings his dog Smoky to drop-in with him sometimes.

Coral is working a janitorial position at Comfort Zone and Coral first learned of Comfort Zone through the Beaverton office of Sequoia. Coral is engaged and her fiancé often accompanies her to drop-ins on Saturdays.

Clarissa is Comfort Zone's newest employee and is working as another kitchen helper. Clarissa first heard about Comfort Zone from her case manager at Sequoia who kept encouraging her to check out the drop-ins at Comfort Zone. Clarissa says there isn't just one thing she likes about Comfort Zone, she likes everything.



## People Are Enjoying New Pool Table

Better late than never, as the saying goes, so here is the scoop on the pool table. In October Amy and Brandon McMaster and their two children came from St. Helens to donate, deliver and set up a pool table for Comfort Zone. Amy and Brandon needed room in their garage for their car so, they thought the folks

at Comfort Zone might enjoy it.

When Comfort Zone first received the pool table, the pool cues were in need of new felt tips and our own Kasey Angel came to the rescue. Kasey not only purchased the felt tips but put them on the pool cues as well.

Many folks who attend Comfort Zone are enjoying the pool table. One person commented that it was nice to have an additional activity to offer at the drop-in.

Thank you, Amy and Brandon for thinking of Comfort Zone.





## Washington County Consumer Council

### COMFORT ZONE

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Washington County Consumer Council, or Comfort Zone, as they are affectionately known, began as a way for friends with mental illness diagnoses to come together, socialize and form a community of their own.

Comfort Zone is a strong community where people come together to not only share a meal but to make friends, enjoy an activity together, and offer support and friendship to one another.

The mission of Comfort Zone is to provide a safe, comfortable place for people with mental illness diagnoses, who live in Washington County and who are receiving mental health services to become a part of a community and socialize.

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We're on the web at:

**Drop-in.org**

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## Interested In Attending a Free Live Theatre Performance?



### Live Theatre Anyone?

Comfort Zone would like to add an evening activity once a month to its calendar of events. The Pentacle Theatre in Salem has live performances available to people with disabilities for no charge. The free performances are once a month, always on a Wednesday evening and always beginning at 7:30 pm.

The Pentacle Theatre was so named because the pentacle sign was originally a five sided figure people inscribed around themselves to ward off evil spirits. Actors also used this protective pentagon and began placing the pen-

tagon on their dressing room doors to insure their good luck. This "good luck" symbol evolved into the star shaped form that now designates the door of the leading actor.

The Pentacle Theatre began in 1954 in a barn with fifteen people performing and doing all the work. The building you see today was built mainly by volunteers who did what they did for the love of theatre.

The first production in the new building was in 1963. Since that time the theatre has won several awards.

Wednesday, March 3rd:

**The Price** is a drama about two estranged brothers who meet after sixteen years to dispose of their late father's belongings.

Wednesday, April 14th: **The Real Inspector Hound** is a comedy satire. This performance is a spoof about two feuding theatre critics swept into a live whodunit.

If you are interested in attending a live theatre performance please call the Comfort Zone office at: 503-681-7900 or come by the office for more details and to sign up.