



Mission Statement:

“to promote the mental health and welfare of individuals and communities by developing progressive, regional systems of behavioral health care facilities and service programs in collaboration with public and private providers of social, judicial and health care services”.

O.R.B.S. *focus*

JULY 2007 NEWSLETTER

LETTER FROM THE DIRECTOR

Robert C. Beckett

Summer has come and with it, the opportunity to spend some time outdoors. Several of the ORBS facilities will be celebrating the warmer season by taking trips, going camping, enjoying a luau, and other such outings. This issue of the ORBS Focus Newsletter will include a calendar of upcoming events for staff, residents and community partners to take advantage of.

Also, ORBS will have some new little friends making their home at Columbia River Ranch this month. Sheryl Peterson will be delivering miniature horses in the near future.

One of the mares is named Dolly and the other is named Cameo. Both are expecting babies! We think the horses will be a very nice addition to “the Ranch”.



The ORBS Board of Directors will be holding their annual planning meeting this month. Each year the Board gets together to review where ORBS was a year ago, in comparison to where ORBS is now. It is a time of brainstorming and sharing of ideas, and it is also a chance to take a close look at the services we provide, the population we serve, and the direction we are going. It is the goal of ORBS to provide a full continuum of quality care for those who need it. It is very important that there be an appropriate place for everyone along the path of health and recovery, and that people are in a place where they can get better. It is equally important that people be able to get more intensive treatment during times when they need it. Treatment should always be based on an individual’s needs, and those needs can change from time to time. In agreement with this issue’s quote, overcoming obstacles and taking steps of any size should be considered success. **-BOB**



New Facility Update: Bay Apartments

ORBS is proud to announce that the Bay Apartments, a 10-unit transitional apartment complex in Coos Bay, will soon be opening. The studio apartments will have an on-site apartment manager and a part-time case manager. There will be a recreation room available for residents, as well as an on-site office where tenants can meet with their case manager for services.

ORBS is excited about providing homes for those folks in the community who are moving towards more independent living, yet still need some support and assistance in acquiring the skills necessary to be successfully residing on their own. Skills training such as grocery shopping, preparing a household budget and paying bills, housecleaning, and possibly even learning how to look for and keep a job will be important during this 18 months of “preparation”. Apartment availability and rental will be coordinated through Coos County Mental Health.

“Success is to be measured not so much by the position that one has reached in life... as by the obstacles which he has overcome while trying to succeed.”

-Booker T. Washington

Community Awareness & Education

As ORBS endeavors to develop vital services in various communities, one of the greatest challenges and opportunities is educating the public in such a way that citizens are less likely to feel ‘anxious’ about living next door to residential treatment homes for those with mental illness, and become more likely to ‘advocate’ on behalf of them. People who are properly informed and educated about the realities of mental illness have less need to rely on stories they have heard, and tend not to regard mental illness as it can be spotlighted and misrepresented in the media. It is understandable that someone without any experience or accurate information might have negative feelings about what they do not understand. ORBS is continuing it’s effort to provide information about its programs for the sake of good public relations, but more importantly, to truly help others understand the nature of mental illness in it’s full spectrum, to demonstrate that people with mental illness can function and make valuable contributions to society, and to help people realize that a loving and understanding atmosphere can help those who suffer from mental illness feel better and therefore get better. As NAMI has stated, “care and compassion makes a difference”.

Eradicating the stigma around mental health is good for those with mental illness, as well as for those who live amongst those with mental illness. Fear can often be replaced by understanding.

Some Famous People with Mental Illness

Abraham Lincoln (President), Virginia Woolf (Novelist), Lionel Aldridge (NFL Football Player), Eugene O’Neill (Playwright), Ludwig Van Beethoven (Composer), Robert Schumann (Poet), Leo Tolstoy (Author), Isaac Newton (Scientist), Ernest Hemingway (Novelist), Michelangelo (Artist), Jimmy Piersall (Baseball Player), Patty Duke (Actress).

For more information about mental illness and how to become involved in advocacy, visit www.nami.org or call the ORBS Administrative Office at (5411) 858-8170

RESIDENTS WRITE

John Chernak

Columbia River Ranch

My name is John Chernak.

I live at Columbia River Ranch.

I have my own chicken coop with

6 hens and 1 rooster. My rooster’s name is Fred. I enjoy taking care of them. I give them food and water and the hens lay eggs that I collect and supply the Ranch with. I also have my own wood shop in the garage. I make bird houses and crosses that I decorate the Ranch with or give to my friends for gifts. During my leisure, I enjoy relaxing in my recliner, listening to rock music and decorating my room. My favorite foods are sirloin steak, brussel sprouts, french fries and german chocolate cake.



JOHN’S SIRLOIN STEAK

1. Marinate 1 large sirloin steak in teriyaki sauce, bar-BQ sauce, and Lawrey’s seasoning salt for 1 hour.
2. Place steak on hot grill.
3. Cook to medium rare
4. Place on plate with brussel sprouts cooked in butter and a little vinegar.

EMPLOYEE HIGHLIGHT

**Loren Kennedy
Mill Creek**

Loren has been an ORBS employee for two years. He likes enriching relationships with others; both staff and residents. He enjoys administrative tasks and adding joy to someone’s day. Loren would like to always and increasingly be learning, growing and contributing.

He enjoys playing chess, strategy games, and some card games.

**His favorite quote is,
“Above all else, guard your heart, for it is the wellspring of life”.**

ORBS UPCOMING CALENDAR OF EVENTS

June 29 - Driftwood Luau

July 6- Mill Creek Resident Outing to Timberline Lodge

August 8- Mill Creek Resident Outing to the Coast

August 18 – Columbia River Ranch “Country Shin Dig” will include food, music, square dance performance and old fashion country games. Our residents, their families, community partners, ORBS main office, RTF staff and of course our staff and their families are invited.