



Julie Ann Avin, Executive Director

From the Desk of the Executive Director...

As I started to think about writing this article for the newsletter, of course my thoughts went straight to the Holidays. However, this year I think the Holiday Season will be different for many of us. The recession and financial crisis has impacted all of us, in many different ways. At the risk of sounding Pollyanna, I hope that we've all been able to see the good ways we've been impacted and not just the bad.

Perhaps due to finances we've spent more time in preparing and eating meals at home with our families, rather than eating out and rushing around to events. Maybe we've valued our friendships and family relationships more as we recognize what's truly important. We might have contributed more as we've been keenly aware of the needs around us. Hopefully we've been thankful for the freedoms we enjoy, and the liberties we take for granted all too often.

So as we enter this year's Holiday Season, perhaps it will be in a more thoughtful manner with different expectations. Maybe we'll be more inclined to give of resources to help others, and not really have the expectations of receiving the perfect gift. As I look around at those we serve at MIRCI, I see the opportunities to help more, to make more differences, and to maybe even exceed some expectations.

cont...

Just yesterday a young boys' soccer team donated money to MIRCI in honor of their coaches. What a different manner of honoring their coaches! My husband has been involved in coaching our son's different team sports over the years, and he's received the typical gift cards at the end of each season. While it was nice to receive them, I'm sure neither he nor I could tell you for what they were used, or how they made a difference.

For the donation from the soccer team, I can tell you that MIRCI will be able to purchase ski caps and gloves for 30 homeless individuals served through our Homeless Recovery Center. I can tell you that a difference will be made for those 30 individuals. We can all reflect on the action of these boys, and see the lesson for all of us.

MIRCI

Mental Illness
Recovery Center, Inc.

This year as we enter the Holidays, let's have some different expectations. Let's plan to prepare and eat meals with our family and friends. Let's be thankful for our liberties and freedoms. Most of all, let's use our resources to make differences. Perhaps with less time spent on shopping for the perfect gift, we'll exceed our Holiday expectations by spending more time with the important people in our lives, and knowing that we helped make a difference that will be remembered.

Happy Holidays!

**MIRCI WOULD LIKE
TO WISH EVERYONE A
SAFE AND HAPPY
HOLIDAY SEASON!!**

MIRCI's 25th Annual Shrimp Boil!!

On October 22nd, MIRCI held its 25th Annual Low Country Shrimp Boil on the Rosewood Drive grounds. With great sponsorships, parking provided by neighboring businesses and music provided by Sugar Daddy, the event was a great success, serving over 250 meals and raising over \$15,000 for MIRCI's housing and homeless programs! This year the Gold Sponsor was Long's Drugs of S.C. and the Apron Sponsor was BlueCross BlueShield of South Carolina

Long's Drugs of S.C. collaborates with MIRCI's Homeless Recovery Center, the HomeBase program and Assisted Housing program to insure a smooth flow of services with no wait time for prescriptions being filled for members. Long's also provides medication training and technical assistance to clinical staff at MIRCI's Homeless Recovery Center and the Group Homes. This training teaches staff medication indications as well as what side effects to look for.

On behalf of the MIRCI Board of Directors, members and staff, we thank you for your support of the 25th Annual Shrimp Boil. Support like yours enables us to fulfill our mission.

Thank you to Shrimp Boil Sponsors:

Gold Sponsorship

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A Unique Way to Give

In two of MIRCI's programs, HomeBase and the Homeless Recovery Center, individuals with co-occurring substance abuse and mental illness, as well as their families, receive housing and treatment services to assist them in transitioning from homelessness to securing and maintaining housing. All individuals and families entering these programs are homeless, many coming from local shelters with very few personal possessions and no essential household living supplies. MIRCI provides basic furniture, in addition to providing housing and basic start-up items to individuals and families entering the program to assist them in establishing a household.

As we approach this holiday season, MIRCI would like to offer a unique way to help individuals and families recovering from mental illness. This year consider making a contribution towards much needed furniture purchases, helping MIRCI help individuals and families achieve stability. These furnishings are heavy-duty dorm style furniture that is functional as well as stylish and can be used for many years to come. MIRCI estimates that it will cost \$1,800 to furnish an apartment. Each apartment includes one twin bed with mattress, one end table, one coffee table, one sofa, one dining table and two dining chairs.

- Your generous donation of any amount will assist in purchasing furniture for individuals and families
- \$150 will purchase a twin mattress or end table
- \$200 will purchase a coffee table or two dining chairs
- \$300 will purchase a dining table
- \$350 will purchase a twin bed frame
- \$550 will purchase a sofa

Cash or Check donations can be mailed to:

MIRCI
PO Box 4246
Columbia, SC 29240

MIRCI gladly accepts credit card donations as well.
To donate via credit card please call 786-1844 ext. 105.

All contributions are tax deductible.

WISH LIST . . .

This holiday season MIRCI will be stuffing over 250 stockings for our clients who will be spending the holidays at Friendship Center. Below is a list of items needed for these stockings.

- ___ Personal toiletry items-deodorant, hand cream, shave cream, soap, makeup, travel lotions, shampoos
- ___ Wallets
- ___ Socks
- ___ Costume jewelry
- ___ Fast food coupons
- ___ Playing cards
- ___ Stocking caps and gloves

The HomeBase program secures housing for homeless persons and families. Below is a list of needed items to help furnish their apartments.

- ___ New single sheet sets
- ___ New pillows
- ___ New kitchen supplies (silverware, glasses, plates, towels)
- ___ New bathroom items (shower curtains and rings, soap dishes and towels)
- ___ Home Decor items such as artwork or any other items helping an apartment to feel like home.

The Homeless Recovery Center is a drop-in center for homeless individuals with mental illness and substance abuse disorders. Below is a list of items to help assist these individuals.

- ___ Home decor items for apartments
- ___ Towels and wash clothes
- ___ Chairs for the residential office
- ___ Toiletries
- ___ Stocking caps, scarves and gloves

If you would like to assist with any of the donations mentioned above or have an idea of your own, please contact Dixie Winslow at 786-1844 ext. 105. We respectfully ask items be delivered to the MIRCI Office by December 14th. If you prefer to make a monetary donation a check can be mailed to:

MIRCI
PO BOx 4246
Columbia, SC 29240

All contributions are tax deductible.

visit us on the web www.mirci.org

MIRCI
Mental Illness Recovery Center, Inc.
3809 Rosewood Drive
P.O. Box 4246
Columbia, SC 29204

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Ms. Shirley B. Snell in honor of Mr. Andy Gughiano
Ms. Mary Clark in honor of Ms. Mary Winter Teaster
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Thank you so much for your gift and your participation in our mission! Without your help, MIRCI would not be able to support our clients.

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