

VSC NEWSLETTER FOR AUGUST 2026

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A Message from Our President, Julianne M.

I would like to share some difficult news about my friend Mike L., who passed away last month. Mike was a longtime member of the club and contributed so much to our community. He taught jewelry-making classes and helped many members through difficult times. He was well-liked by everyone and was always willing to lend a helping hand. He also helped me personally on many occasions.

I will miss him dearly because he was such an important part of my life for the past eight years. We shared many wonderful memories together. We enjoyed going out to restaurants, and he especially loved shopping. One thing I always looked forward to was my birthday. Mike would become very mysterious beforehand, trying to find out what I really wanted. He would always surprise me with something special and he would give me a beautiful mixed bouquet of flowers. Mike will be missed by all who knew him. He loved playing pool and took great pride in beating others at the game. He also enjoyed winning at bingo whenever he could! I would also like to thank all of the members who reached out and supported me during this loss. Your kindness and compassion have meant so much to me. I know it will take time to adjust to Mike being gone, but I truly appreciate everyone who has been there for me.

On a brighter note, I would like to share how fantastic our July 16th picnic with the Branford and Milford clubs turned out. Although we were unable to go to the state park as planned, we gathered at the Branford club instead. They cooked for us on their grill, and we had a wonderful time together. Many members enjoyed playing cornhole outside, while others sang karaoke on their big-screen TV. Most importantly, we enjoyed each other's company and made the best of the day. I am already looking forward to our final picnic of the summer when all three clubs get together again. This time, Milford will be our host.

I am also amazed at how long the Warm Line has been in operation. I was one of the original members back in 1991. I even had the opportunity to attend a conference in California. At that time, we were known as Valley Mental Health, and the center sent a group of us as representatives. I learned so much from that experience and felt very proud to represent our organization.

I never would have imagined that Warm Lines would still be going strong all these years later. I also can't believe that I am still involved as an operator. Thank you, BHcare, for continuing to support this important service. People often tell me how much they appreciate our Warm Line, and many callers continue to reach out week after week. Knowing that our service continues to make a difference means so much to me. That is enough from me for now!



FROM THE SECRETARIES LEGAL PAD BY JULIE D.

I had a great time at the social club picnic. Neicy and I did the grilling under Jacques supervision of course and if I don't say so myself, we did a excellent job! And I enjoyed our lunch at Stowe's. Their New England Clam Chowder was the best. I wanted whole belly clams but they did not have them so I had the clam strips.

I met up with some friends I haven't seen in a while. We had so much fun. We laughed all day it was great seeing them. We are not going to wait so long to make plans again. Time goes bye too quickly.



Lena's Thoughts for the Day! By Lena I.

I'm going to start a new chapter in my life. I am planning to move one of these days soon. I need to find a new place because of the one I live in is not as safe as it used to be. I still will be with BHcare and go to the club but I am tired of the new people who live there and don't respect the rules in our building. I hope the next place works out! I will keep you all up on that next time. Otherwise I had a great time at the club picnic. The weather was beautiful. I finished my building resilience group and now I am looking to try some new groups. I think I am going to keep going! Until we meet again see you at the club.



My First Newsletter by Nicole R.

I'm looking forward to the picnic coming up this month. Milford will be hosting it at Osborndale State Park like we did for the first one. I look forward to seeing my friends. I am working on an art project and I love going to church every Sunday. I like being called sister Nicole and I love the social club and all my club friends.

Life So Far By Jessica F.

Everything so far has been great. My son is healthy and growing nice and strong. It feels like time is flying by. I have been well in school, keeping my grades good. My GPA is outstanding so far as well. I'm looking forward to the grant lunch on the 27th. I'm hoping energy for a wonderful month of August and the months after that. Keep the positive for the rest of 2026.

Fun, Fun, Fun

I've had so much fun at the Valley Social Club! I've really enjoyed playing in the pool tournament with Bridges Open Door Club in Milford. I've also had a wonderful time attending outings at Stowe's in West Haven, Osbornedale State Park in Derby and going to OPTIONS in Branford.

These activities have given me the chance to have fun, spend time with friends, and make great memories.

I've also enjoyed hosting my monthly group, "Crafts with Sunshine". Our attendance keeps growing, and it's wonderful to see everyone embracing new friendships while discovering their creativity. Seeing everyone create something unique and enjoy each other's company has been very rewarding.

I can't wait to see what the next few months have in store!

Thank you dearly, Sunshine O.



Congratulations to Our Continuum of Care Grant Recipients!

Congratulations to the 15 members who were selected to receive a **2026 Continuum of Care Grant!**

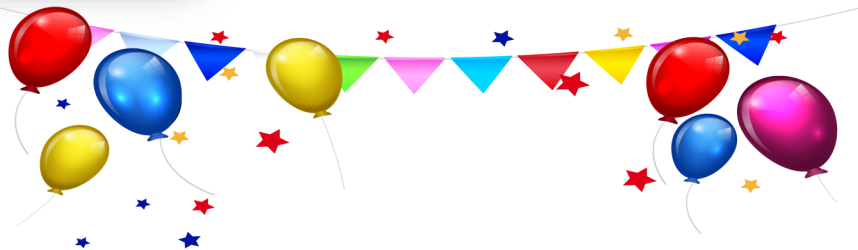
This exciting opportunity will help enrich their lives by supporting personal goals, meaningful experiences, skill development, and activities that promote growth, wellness, and independence. We are proud of each recipient and look forward to seeing the positive impact these projects will have throughout the coming year. Best wishes to all as they embark on this exciting journey!



Julie De. Painted this awesome barn owl for Amanda's sister Danielle. Amanda excepted this painting at our last picnic in North Branford at OPTIONS. Amanda was thrilled to receive this for her sister. There is a story about this owl but that is for another time! Great job Julie!



AUGUST BIRTH- DAYS:



8/8- SANFORD A.

8/11-ANTRUM K. — SUNSHINE O.

8/12-NATALIE C.

8/18- CLUB PRESIDENT
JULIANNE M.

8/19-KERRY MC.

8/27-ANGELA Q

8/29-STEPHANIE A.

8/30-VINCENT P.

8/31-MICHELE V.



Recognition and Appreciation

Members of the VSC did a raffle for the non profit "Tail to Paws" in Branford, CT. Our members had a raffle for \$1.00 donation and the winner received a big basket of items.

The winner was Denise Mc.

Receiving the donation was Bobbi Jo Evans and Linda Cline both from Tails to Paws. The money will help out the many animals they foster and find new homes or get medical care for. Four of our members benefitted from their foundation. Also Natalie C. painted this beautiful picture for them. The members really felt great about their efforts which was the highest amount ever raised.



Community Warm Line

A Nationally Registered Peer to Peer Line

Do you get frustrated, bored, upset over little things? Our Warm Line is there to support you? This friendly Peer to Peer Line is here to listen to you! This adult line has operators on 7 days a week.

Hours are:

Sunday-Thursday 6-10p

Friday & Saturday 6-11p

We even listen on Holidays!

Try our line today! We are a nationally registered line and have been going strong since 1995.

** If the line is busy, please try again until you get an operator.*

CALL 203-732-2004 TONIGHT!



The Warm Line is a listening peer to peer support line! We are in recovery just like you! You get to two calls for a total of 15 minutes per call. If our line is busy don't give up try until you get through!!

Feta 2026: Holy Rosary's Annual Italian Festival

Thursday- Saturday, August 6-8 5:00 pm- 10:00 pm

Festa 2026- Holy Rosary's Annual Italian Festival

Our Lady of the Valley Parish, Holy Rosary Church
10 Father Salemi Drive, Ansonia CT 06401



Our Annual Italian Festival offers wonderful Italian food, featuring our handmade meatballs, lasagna, pasta e fagioli, porchetta, fried calamari, fried dough and more! Don't forget to grab some Italian pastries for dessert! Enjoy live music, dancing, raffles, and fun for the kids. Bring your family and friends and your appetite!

We encourage you to enjoy your community!

**Sunday
August
9th**



**Sunday
August
30th**

Time: 3:30-4:30 pm or until food runs out

Pickup meal inside or drive up to get meal

Located at: Huntington Congregations Church 19 Church St, Shelton

Cost: Free, open to the public, no rsvp, donations graciously accepted

Phone: 203-732-7792

Website: www.masterstablemeals.org

Park your car and stop inside to pickup or eat your meal and browse the giveaway table. If unable to come inside please see a volunteer outside and they will get your meal. One meal per person.

****RIDES BY CLUB STAFF ARE NOT PROVIDED FOR THIS EVENT MEMBERS MUST GET THEIR OWN TRANSPORTATION TO AND FROM SHELTON.**

FOOD PANTRY NOTIFICATIONS

This one you could go to on your own but we will take members to the Food Pantry after Bingo on the following dates: (seating is limited and bring your own bags).

August 11th and 25th at 2:15pm

8 seats on the van available!

A vertical poster for a 'FOOD GIVEAWAY EVENT!'. At the top are logos for 'TEAM inc' (with the tagline 'Empowering Communities • Ministry of Difference') and 'ABUNDANT LIFE FELLOWSHIP MINISTRIES ANSONIA, CT'. The event title 'FOOD GIVEAWAY EVENT!' is in large, bold, black letters. Below it, in smaller text, is 'NO QUESTIONS ASKED'. A red banner contains the dates 'August 3rd, 17th & 31st', the time '9:15 - 10:15 AM', and the location 'ABUNDANT LIFE MINISTRIES 195-199 NORTH MAIN ST, ANSONIA (CORNER OF 6TH ST AND N MAIN)'. Below the banner is an illustration of a grocery bag filled with various food items. To the right of the bag, text reads 'PLEASE STOP BY! HEALTHY, NUTRITIOUS FOODS FIRST COME, FIRST SERVED MUST BE AGE 16 OR OVER TO RECEIVE FOOD'. At the bottom right is the logo for 'Connecticut Foodshare' with the tagline 'Our Community. Our Food Bank.' and the phrase 'In Partnership With' above it.

Members at the Beach



CONSUMER GRANT DINNER ON JULY 27, 2026



VSC CALENDAR FOR AUGUST 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Phyllis- 736-2601, Ext. 1453 & 203-305- 7895 ©	Jacques 203-736- 2601, Ext. 1163	VSC Club Hours: 9-4pm M-Thursday 912:30pm Fri- day Sat/Sun: closed	KEY TO CALENDAR: *-SIGN UP \$-MONEY NEEDED			1 CLOSED
2 CLOSED	3 Let's Talk 1-2 All Recovery Group 2-3p w/ Paul	4 Air Hockey at Open Door Milford 11-2p* club closed	5 Lets Talk 1-2p Ladies Tea 2-3 w/ Sylvia *	6 Out Tod Eat for Day Social 11:30 to 2pm \$*	7 Drop in 9-12:30	8 CLOSED
9 CLOSED	10 Naugatuck Health Dept. 1-3p "Narcen" *	11 Lou BHH 10:30/ Bingo 1-2/ Food Pantry 2:15p*need bags	12 out for Ice Cream at Quarry Walk 12-2p \$* Men's Group 2- 3p*	13 staff train- ing 9-11am Day Social 12-2*	14 Drop in 9-12:30	15 CLOSED
16 CLOSED	17 Sing at OPTIONS 11-2 lunch too! ** Club closed 10-	18 Art 9-11 Pool Tourney at club 1-3p	19 Let's Talk 1-2 Crafts w/ Sunshine	20 Milford hosts a picnic at osborndale st. park 12-2 [** free! (15 max for VSC)	21 Drop in 9-12:30	22 CLOSED
23 CLOSED	24 Let's Talk 1-2p	25 Bingo 1-2p* Food Pantry 2:15p*need	26 Owen & Steve /Music Fun 1-2p Let's Talk 1-2	27 Day Social 12-2p*	28 Sarah Buttress Education Specialist 9:30-	29 CLOSED
30 CLOSED	31 Let's Talk 1-2p	September 1st center & club is CLOSED for	Fundraiser for the Topsy Tomato for Masters Table Aug. 19, 2026 see flyer in newsletter	988- Suicide & crisis Lifeline 24/7 Text, call, chat	211- infoline	Warm Line : 203-732-2004 Sunday - Thursday 6-10pm