

What Does The Lighthouse Mean To Me?

The Lighthouse means to me it is a place to go to meet people and try to help them if they need information on Veterans funding for husband and wife and for single people who served as a Veteran. Also helping people with housing information, section 8 information passed on to people.

When I go to CAC meetings I pass on information I learned to other Lighthouse organizations. If there was no Lighthouse other organizations wouldn't know what I learned so the Lighthouse is needed. I also go to the gym with the Lighthouse and going to the gym helps keep me in shape. Since I started going to the gym I found I'm getting in great shape my legs don't hurt. If the Lighthouse wasn't there I would have to pay for physical therapy. I get physical therapy now by going to the gym with the Lighthouse.

CAC meetings are essential because it tells the others what you can accomplish in your group and if you don't have a car you get transportation offered by the Lighthouse to shop for food and go shopping at the mall for clothes, and go out to restaurants and have lunch with other persons in your club. We also get to use the computer at the Lighthouse and go online to search for information. They also serve lunch at the Lighthouse, people look forward to every day getting lunch, and they teach people that volunteer with lunches how to cook for themselves and think of their health by cooking healthy meals. I was cooking at the Wrench in the Works before it shut down I was head chef there. I used to cook Saturday, Sunday and Monday, I did this all myself. I'm going to cook at the Lighthouse very soon. It could benefit other people if I volunteer at the Lighthouse and it teaches yourself confidence. It does this for me. Since I joined I don't feel depressed. Before I joined I was very depressed so having the Lighthouse is a benefit for me and for all the other people that are involved at the Lighthouse, so not having the Lighthouse in town would not be good for all these people who benefit from it.

The purpose with mental illness to use the Lighthouse as a source of outreach and information about their mental illness, to find doctors to take care of their problems and give them information about their medicines, co-pays and to learn how the state is cutting medical insurance benefits and how to get other help. The Lighthouse gives other kinds of help with mental illness as it is part of United Services; the Lighthouse helps people go shopping, go to the gym, to the mall to buy clothes, to restaurants and helps to take care of their problems about their illness by going to these places. It gives them self-confidence about themselves and helps them get along with others who have the same problems and feel depressed too. By joining the Lighthouse it is helping people come together with depression.

I did a lot of functions in my life, I used to drive for the ministry of disabled people and then the church closed down. And the people that went that went every Saturday and Sunday once a month got hurt. So, if you cut the funding for the Lighthouse it would hurt a lot of people if you cut the program so don't let it happen. People depend in it, going out with the clubhouse I learned a lot to get along with them. There is an old saying "if you give them funding God rewards you in the end". The state cut a lot of programs for

people with mental illness and cut a lot of Veteran's programs and should know my pension went down the toilet. It is hard to survive with having the funding cut. For instance, with my Veteran's pension being cut, I still have to survive today, to pay my rent, my lights, cable, phone and some medical bills. I took in roommates so I could survive, so the Lighthouse they really need their funding to survive too.

So, thank you for listening to me. I appreciate your time. So, think it out please.

Thank you,

Christopher Mezzarone

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