Shore House Tribune

Making waves for mental wellness

A newsletter for members by memebers | October 2026 | Issue #02

Fall Outing at A. Casola Farms

By Terrance M.

We had a great time at A. Casola Farms in Holmdel!

One of the highlights of the day was the hayride. Climbing aboard the wagon filled with hay, we set off on a relaxing ride through the farm. The gentle breeze, beautiful fall scenery, and cheerful atmosphere made it a wonderful way to take in the sights.

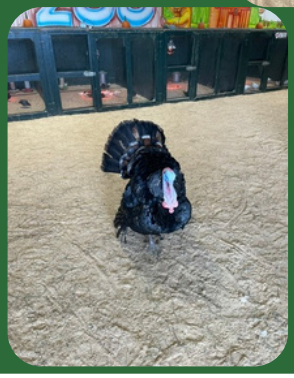
Another favorite stop was the petting zoo, where we had the opportunity to get up close to friendly farm animals. Goats, chickens, and other animals came up to the guests as they watched them play, offered treats, and enjoyed the chance to interact with them.



Throughout the outing, there were plenty of opportunities to take pictures, sample goodies like fresh donuts, and browse the farm market for unique fall treasures. From the smell of fresh cider to the colorful displays of pumpkins and gourds, every corner of the farm captured the spirit of the season!







Shore House Art Gallery

Member Spotlight

Lauren R.

Fun Facts About Lauren:

I love arts and crafts

I enjoy cooking and mother nature

I like to be creative and spontaneous with my art. I never know what's going to materialize!

I enjoy good music, beach scenery and pumpkin spice hand cream

I love honey in my coffee

I recently became a Grandma!

Many Shore House members are talented artists that have been featured at art galleries in the community including the annual Art of Recovery show in Long Branch. Here is a gallery of some members' original creations. Each month we will feature work from different members.





Halloween Art by Ian H.

Announcements

Monday, October 26 at Shore House- Parker Family Health Center health screenings

Tuesday, October 27 at Shore House- Pumpkin Painting with SOTA

Monday, November 2 at Shore House- Halloween party

Thanksgiving Celebrations: Saint Luke's - November 18 at 11 a.m.
Shore House - November 26 at 10 a.m.-1 p.m.

CPC has invited us to the Holiday Express this year! More information to come. Save the date for Monday, November 30

Rock the House

By Bree S.

This year, we Rocked the House at Long Branch's Whitechapel Projects with Joe Bezzone & The Turnstyles and opening entertainment by Jon Bagnato. We got to see old faces and familiar faces, and held an exciting silent auction of a guitar signed by Bruce Springsteen and Patti Scialfa. Continuing our tradition of friendship and community, we shared a meal and danced the night away together. A big thank you to our attendees including Shore House board members, staff from CPC and other supporters of our mission.









Shore House Writers' Corner

My Experience with Shore House
By Thelma

The Shore House helps me with the many programs that they offer like creative writing, gardening, exercise like yoga, allows us to shake and bake for fun. Afterwards I am sore but it is all worth it.

The Shore House is a place of recreation for the body and mind. I like going to the Shore House because of the programs they provide for us. I think that I can say that we are lucky to have such help. It is a God send for us all that we can participate.

When I go to Shore House I interact with other people with the same health problem. I help prepare breakfast, keep the laundry going, wipe the table then put the cloth on the tables. Other people share the same work load.

In conclusion, I must say that I have found gold by attending the Shore House.

Contradiction
By Ian H.

So much beauty in the world
So much hate to contradict it

So much light
So much black
So much might
So much weakness
So much terror
In my twisted mind

So much string to untwine
Release the fear as the darkness is near
Face the inner turmoil
So much knowledge to learn
So much insignificance to burn

So much war in my mind
So much peace not far behind
So much love, so much more
Behind the locked door
Must face the demons inside
For I cannot hide

So much beauty in the world
So much hate to contradict it.



World Mental Health Day

With Grand Avenue Club October 10

Through Clubhouse International, Shore House partnered with Grand Avenue Club in Milwaukee, Wisconsin to plan a week-long observance of World Mental Health Day. Members and staff from both Clubhouses met via Zoom to brainstorm ideas. Both Clubhouses posted videos on social media that highlighted members' experiences. Shore House members were eager to participate and share their stories of hope, the power and connection and resilience! Below are clips from Shore House's contribution.









October Birthdays

Shore House Celebrates Our Memebers

Each month, Shore House celebrates the birthdays of our members and staff with handmade birthday cards and an end-of-the-month birthday celebration. Shore House wishes the following members a Happy October Birthday!



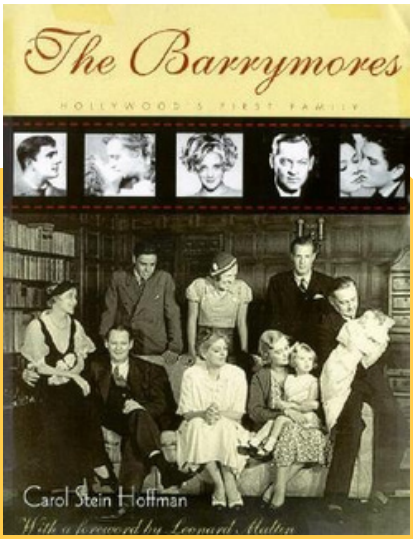
Tim M.
Kevin R.
Carmine J.
Nick L.
Jim S.
Kerri Z.





Book Review

By Sam D.



Title: THE BARRYMORES: Hollywood's First Family
by Carol Stein Hoffman

Genre: Nonfiction

Synopsis:

When Herbert Drew, changed his name to Maurice Barrymore, he never realized that he was embarking on creating one of the most illustrious dynasties in Hollywood history. Along with its other four cadet branches; the Lanes, the Drews, the Blythes, and the Costello's, the Barrymore clan would become stars of the Broadway stage and the silver screen. This book chronicles the family's history over 300 years, over eight generations, across two continents, and through two forms of entertainment; stage and screen! Along with the "Barrymorebilia", the pictures, posters, letters, newspaper clippings, this book details the professional, as well as, the personal lives of this impressive acting dynasty.

This book is an impressive outline of this family's existence. An intriguing outlook on the many different personality traits enveloped into one family.

I give it 5 out of 5 stars.

Project Write Now's Community Celebration

As part of Project Write Now's Community Playmaking program, Shore House member Arden R. wrote a play that was chosen for their recent Community Celebration in Red Bank. Entitled "Midnight Moment," Arden's play was performed by actors from the Two River Theater.





Our Mission

To empower and restore hope, independence and self-worth for people living with a mental illness by providing access to social, education and employment opportunities.

ShoreHouse
MAKING WAVES FOR MENTAL WELLNESS



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