



# **The Clubhouse Connection**

**June 2018**

**Mission:** Racine Friendship Clubhouse inspires hope and opportunity for persons with a mental illness .

**Vision:** Working together to rebuild lives affected by mental illness.

## **Future of Mental Health: Action on the Square, by Chris Rosin**

We attended NAMI's Action on the Square Day in Madison! Similar to when we attended Disability Advocacy Day, we rode a bus, this time with partner NAMI-Racine County. We had a brunch and debriefing of issues and had a chance to practice our speeches for meeting with legislators. Members had a chance to speak to our representatives, including Greta Neubaruer, who remembered our Vocational Coordinator, Jenny, by name from Take Your Legislator to Work Day with our member Clint F.! There was also a rally before meeting legislators on the steps of the Capitol, in which we wore green bandanas and sunglasses in support of mental health hope! Some people got up and shared speeches of overcoming mental health issues that tied into things like eating disorders, the criminal justice system, and addiction. I felt afterwards that it's important not to hide what we've been through, but to be authentic, and inspire hope for others to know they're not alone and that recovery is real. We were able to share stories from the heart, because we are the experts on our lives. Stories can even be more powerful than facts. One of the things we did was put the legislators on the hook by asking if we can count on their support. Legislators are here to serve us and invest in policies and programs that work— which can save money over the long-term. Some of the issues people addressed were the shortage of mental health providers with the average age of professionals being 53. People mentioned transportation issues, and also how people benefit from having support for employment— that everyone who wants to work can with the right support. Another issue that was addressed was that people needed alternatives to jail, and CIT Training is one solution. We're not going to take mental health stigma anymore! Mental health is all of us.

## A Life-Changer, by Thomas K.

I'm going through a life-changing experience: moving from my family home to looking for my own apartment. I grew up in this house, and I can no longer maintain the upkeep. I loved the house. It's where my roots are at, down deep. I have 5 places that I'm considering. I've condensed my fleet of autos down to 1 car. I just became a senior, too! I have a pet cat, Suzy Q. My cat helps manage the stress. She is very loving and friendly.



## Spring Cleaning

By: Angela James

Whether you need to go through your closet and sort through your clothes or a filing cabinet to get rid of old paper work. Maybe even think about whether staying in a relationship that might not be healthy for you. It's time to clean up the messes in your life as mother nature cleans the snow away and makes room for the flowers to bloom. Deciding on whether to stay friends with someone or not is harder than deciding whether to keep a shirt that you've had for a while or papers you might not need anymore. For some people, all they might have is one or two friends so if they are thinking about ending a friendship with one it can be very scary, especially when you're coping with a mental illness. That's one less person for support. But what if that person causes more problems in your life or cuts you down which makes you feel bad about yourself? Is it really healthy to stay in that relationship? I've had many people in my life. Some good and some not so good. Even Pastors that have led me down the wrong path. Basically, I've found that once I figured out where I want my life to go the people in my life had to be going down the same path. If they were not helping me to reach my goals and instead made my life more complicated than I needed to set them free to go down a different path of their own. It's like trying to plant a seed on the beach in the sand. Your plant will not grow unless it's in the right soil. Your life will not be healthy unless you decide to have healthy relationships with people who will help you grow. So make sure you do your cleaning this spring.



## Pancake Day, by Chris R.

On Saturday, May 5th, clubhouse colleagues Jenny and Chris represented the clubhouse at Kiwanis' Pancake Day at Festival Hall! The event dates back to the 1950s, and supports the charitable work that Kiwanis does in their community, including supporting Racine Friendship Clubhouse! The event averages about 6,000 customers, who get all they can eat pancakes, with two sausages, and either a milk or orange juice (additional sausages, milk and orange juice are available for purchase), and tickets are \$8. Jenny and I served a 3-hour shift, serving coffee and water, walking around to the tables. The music was loud and it was very crowded. They also put the tables very close together. It was a good experience overall, but it might trigger social anxiety in some, so if we do it again with members, we will aim for an afternoon shift, when the demand for pancakes is calmer. Coping skills come in handy for a time like this. Volunteering makes you feel good and connected. We saw politicians like Greta Neubauer, and Peter Parka. Also, we saw Trevor Jung from Visioning a Greater Racine, as well as two of our members, Ann F. and Steven W. !

**The Dawn of A New Day**

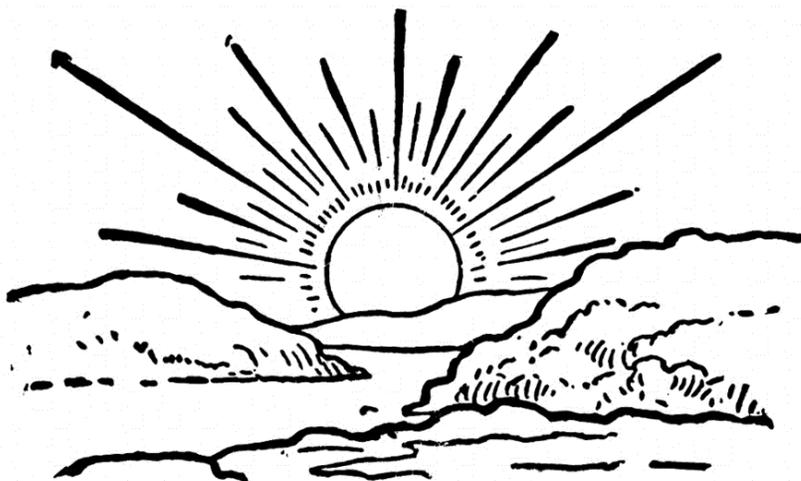
**Written by Babi Moore**

The dawn of a new day  
New mercy follow me  
Help me to become what you want of me  
Help me to see the road  
That unfolds before me

May my cup be filled  
May I seek your will  
For my life today  
Even through the pain  
Let me feel the rain  
Because the sun again  
Will warm me in my calamity

The dawn of a new day  
New mercy follow me  
Show me a better way to worship you  
In all I say and do  
New mercy awaits me  
In the Morning  
Most High  
I Praise You

9/11/2016



**Praise, by Babi Moore**

Life of the Valley  
Great Morning Star  
I give you the praise in everything  
And in the morning  
Open my mouth- to praise thee  
In calamity, you surround me  
With a peace I can't obtain by men  
EL- Shad: The Great I AM I AM  
Greater is He who is in me  
Nothing can defeat ME  
Not even my enemies  
This Mountain-MOVIE  
Let the Angels-Encamp around me  
You're Grace and your Mercy  
You're ROD & STAFF  
Comfort Me  
Though I walk in the Shadows  
You are strong in Battle  
And may I continue to  
Acknowledge Thee- In the FACE OF CALAMITY

Hope

Poetry

Peace

**Poem by Marsha L:**

In this moment, today begins.  
The sun is up and a warm  
Breeze brings a strong front  
Of confidence to all of God's  
Creation. We feel the generous  
Gift of life in a moment of  
Self-reflection. How thankful  
We are for this life.