



# **The Clubhouse Connection**

**March 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.**

## **Life As I See It, by Paul Anderson**

I have been a member since this place was called Harbor House. My mental health providers referred me here to avoid isolation and depression. It was all the things I needed to keep me active and moving in the right direction so that I wouldn't be stagnant or have stigma attached. It keeps me out of trouble. The people here were like I was, some doing better or worse, but we could get along with each other and relate. There weren't as many people at that time. I think I belong here. I feel attached and at home, and my symptoms aren't as glaring as when I'm at home. I feel right at home, a home away from home! I like helping out when I can. I type cookbook recipes, and I've helped with dishes. I don't mind moving my muscles and changing my thoughts. By keeping myself busy in a constructive manner, I can grow and learn, and feel good about accomplishing a task.

I'm involved in Veteran's organizations such as the American Legion, Disabled American Veterans, and AMVETS. I am studying electronics at Cleveland Institute of Electronics, through correspondence. I have a few diplomas as computer specialist, TV/VCR repair, and electronics specialist. I'm interested in amateur radio, and I'm a volunteer examiner for licensing for it. I also enjoy Silver Sneakers at the YMCA. I've made a friend outside of the clubhouse with Steve M., who I can call when the four walls are caving -in. Prayer and meditation also help me stay well, doing my homework, and going to church on Sundays, Thank you to everybody at the clubhouse for the camaraderie and fellowship that they've given me throughout the years. There's good people here that I can relate to.

## **Pat Bohon , Board President**

Program Director Chris Rosin recently asked what inspires me about Racine Friendship Clubhouse (RFC). The short answer is that the people involved with RFC are inspirational. The determination of our members to reach their goals and aspirations is the engine that drives us forward. The dedication and commitment of RFC staff in supporting and expanding RFC programming and operations is the solid foundation upon which we build. Our Board of Directors continues to facilitate broad-based community support for the valuable and unique services RFC provides.

The promise of hope and opportunity that is now integral to RFC was the primary motivation for a small group that began organizing and raising funds to start a clubhouse model program over 25 years. This remains our central focus in 2018 as momentum continues to build in all facets of our program from the work-ordered to vocational services to community outreach. We look forward to another year where more people "feel the magic" of RFC than ever before.

Carole K. : Good and Bad about Racine

1 (Good)

Even though we are presented with obstacles in this place, faith helps us endure.

#2(Good) We have a variety and we try to understand one another.

#1( Bad) Sometimes we let obstacles control us.

#2 Bad We forget that {HE} is in control.

#3 We often feel that love can be within our hearts. And around and among us to keep us safe.

HANDS

Hands that cover my pedals shall not blot out my sun.

Hands that peel my leaves shall not strip my inner beauty.

Hands that try and pluck me shall not kill me. For my blossoms around me carry my scent.

Hands that water me are those who accept me.

Hands that know my delicacy hold my seed.

**Always & Forever in my Heart**

You are my first love & always will be. You are in my heart and in my mind daily. I think of you always, you are always and forever in my heart, mind, and soul. The memories we created I promise never to forget. You are always and forever in my heart. Your free spirit and love is what always kept me going. My love for you is everlasting & it'll never die. The times we shared are forever in my heart and I cant wait for us to be one again. You are the spicyy to my sweet tender heart. Forever love just you and me.

Angela Cortez 5/29/1989

Nick Goetsch 9/7/1990

**Guns, by Sam Ansari**

One thing from going to School

And talking in class I learned

Say bombs cost more than welfare

Guns to murder kids

Guns to war people – all that

Cost more than milk and pampers

### Wausau Clubhouse Notes, by Chris R.

- Community Corners Club House also works with the County CCS program and DVR
- Funding: County levy funding, United Way grants and has a Jazz fundraiser and brat fry each year.
- average of 25 members a day.
- Rent their building.
- Run a sober living house in their old clubhouse.
- Open for activities until 6pm every Tuesday and some weekends .
- Operate two units.
- Some staff have been working there for 20 years
- Outreach is done using speaker phone.
- Use their video before tours .
- They sometimes ask specifically for help with specific tasks like chopping an onion.
- Every morning they show a video they make .
- They do stretches every morning
- Lunch is served in two shifts. You have to be in the building by 10:00am to have lunch
- Operate a coffee and snack shop
- At the end of every day they play games.
- Staff rotates being the go to person and opening and closing.
- They are accredited
- They sell bus passes.
- People attend from other counties
- They participate in a walk called walk a mile in our shoes for suicide
- Lunch cards are sold by a member at a table
- I went to a grocery store with a staff and member and helped in the units doing sweeping and taking out trash.
- They have an auspice agency called North central Health Care
- They have transitional employment
- They go on a monthly outing
- Some of staff enjoyed the two week training, and they would be willing to go with us.
- I stayed at an hotel and went to dinner with some of there people.
- They have so of the same challenges as we do.
- They have a member help giving tours
- They put fresh flowers on the tables
- They framed pics of their members
- There application is only one page.
- They have a four staff
- They try to have people partner on tasks