



RACINE Friendship Clubhouse

Working together to rebuild lives
affected by mental illness

The Clubhouse Connection *April 2019*

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

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

2000 17th St., Racine, WI 53403
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Peeps Decorating Contest by Chris R.

The Clubhouse will be participating for our 3rd year in Racine Art Museum's Peeps Candy Decorating Contest! Our art project using the Easter marshmallow candies will be on display at the museum on 5th and Main from Thursday, April 11th– Sunday, April 28th!

The Healing by Monica D.

I've been a member for about a year. I was referred by my caseworker. I attended the Schizophrenia Support Group and Job Club here. I'm now working at Orange Thread on 3rd St. off of Main Street. It is a second-hand clothing and jewelry store.

After I had gone from the hospital, I had to take medication restrictedly. I still was in recovery. I was hearing voices, seeing things that I've never dealt with. I had this when I was a child, but I never told anyone but my grandma, and she didn't believe me. During the time I was trying my medication, I had to stay with my caseworker for 5 months until close. Then, she introduced me to the clubhouse. It was the most remarkable time to introduce myself. I was feeling okay– but a little bit nervous. As soon as I took the medication that was right for me, I felt better and I still attended the clubhouse. Everyone was welcoming. Thank you.

Racine's Gold Mine by Shelly Holewinski



Hi, my name is Shelly Holewinski. I heard about Racine Friendship Clubhouse in April of 2012 when I was looking for employment. I was laid off from my last position of 8 years as a Community Support Specialist. They had a Vocational Coordinator position available at the time and sounded like this position would be an ideal fit for me. I was impressed with the program at my interview with the Executive Director. Everyone was working together for the common good! I did get the position after a rigorous interview with the members.

When Lynelle took over the position of Executive Director, Mary Rath suggested I apply for the Program Director position. I had another interview with all the members for this new position. Their votes gave me the best job I've ever had in my life! Unfortunately, in July of 2014, my physical health declined. I had to make the heart wrenching decision to step down from my position. It wasn't fair to the staff or the members for me to take so much time off because of ongoing surgeries. After every surgery I had...and there were a lot...

I received the most heartfelt cards signed by everyone at RFC wishing me a speedy recovery. That did a lot to lift my mood!

I would stop in at the Clubhouse just to say hi after my surgeries. Every time I came in to the Clubhouse, I was always made to feel special and welcomed. Everyone was genuinely happy to see me. This did wonders for my depression! Since none of my doctors would release me back to work, I decided to volunteer at the Clubhouse. I had a wellness group once a month, for approximately a year, that had been nicknamed "Shellness." Unfortunately, my physical health took yet another nose dive, so I could no longer commit to a monthly wellness group. When I'm having a good, physical day, I will stop in and help in any way I can. I love working in the kitchen with the members! There is no other place like Racine Friendship Clubhouse.

I also volunteer for a dog rescue, Chrissy's K-9 Kastle. I recently became a board member there as well. This volunteer opportunity was perfect because of my love of dogs. I approached Jenny, the Vocational Coordinator at RFC, about the possibility of clubhouse members volunteering at the rescue to gain valuable work experience and professional references. I'm happy to say that a member, Barb, has taken on a volunteer position with the rescue and is doing a great job!

I will continue to volunteer at the Clubhouse as often as physically possible. I firmly believe in their programming and the work that they do. Racine Friendship Clubhouse is Racine's gold mine!

New Member by Alex S.

I'm a new member at the clubhouse. I was referred by SAIL. I was hoping to benefit coming to learn coping skills, get out in the community, and meet new people.— which I've been able to achieve these goals in the month-and-a-half I've been coming! I've been helping cook meals, serving lunch, and learning social skills.



You've Touched My Life by JoAnn Hansen



I've been with the Clubhouse for a few years. I heard about all the wonderful things you were doing from my church (OBUUC/Olympia Brown Unitarian Universalist Congregation). The church gave me some grant money, which allowed me to purchase art supplies. That is when I decided to do art therapy at your facility. I love all the people, and what your mission is all about. You give people the opportunity to socialize, to learn how to find a job, learn about having responsibilities, respecting others, and of course, participating in activities that wouldn't be available to them otherwise.

I will miss the people at The Racine Friendship Clubhouse; that includes both the friends and staff. Being able to do art therapy, and other art related activities has been an honor. Art in general has always been a love of mine since childhood. I do hope I was able to transfer some of my love for art over to them. As far as my moving to Appleton goes, it is my biggest challenge in life, but it is also an adventure. I went to school in the Fox Valley area, so, it is somewhat familiar to me. I also have some dear friends there too. It is a beautiful place, but cold. That I can deal with!

I will always hold all of you dear to my heart. I hope to come down someday. I will make sure to stop and visit you. Wishing you much happiness for the future, and the best that life can give you each day. You've touched my life, and I hope I did the same for you.

Vocational News by Jennifer Marx, Vocational Coordinator

Jenny and Mickey M. visited Goodwill Outlet and had a tour of the facility with managers Cathy and Paige. They are hiring right now for weekend behind the scenes help. We gave an overview about the Clubhouse and our Work Ordered Day as well as the vocational department. Cathy and Paige invited a group back to Goodwill Outlet for a tour, followed by shopping! We are looking to do this on April 10! The Job Fair on March 6 was attended by 8 members, most of them being job seekers. Matt B and Agron B got job interviews with Jimmy John's! And Jenny is working with other members to follow up on other job leads from the Fair. Well done!

What I like about spring by Baron J.

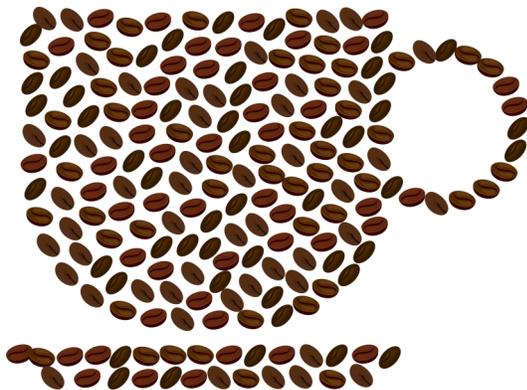
The birds come out -
Buds come out of the trees-
In spring you can ride a bike-
Or take a hike-
Even fly a kite-
And the fish begin to bite-
All these things –
You can do in spring-
When the grass grows-
And turns green-
All of this in spring.



Ode to the Coffee Bean

By Jenny Marx (aka the Coffee Queen)

Oh, coffee bean, oh, coffee bean,
You really make my scene,
If you know what I mean...
In the morning you perk me up,
That beautiful brown liquid in my cup.
At home, at the Clubhouse, or any coffee house
You turn me from mouse to lion.
Hear me roar!
For more, more, more,
And still some more!
Coffee bean, oh, coffee bean,
You don't know what you mean
To me.



A Dream Come True (Fiction) by Sarah B.

I met a fantasy man at a Bible study at Case High School. He made me feel energized inside and hyped. He followed me around town and told people where I was going, and invited them to hang around me from a distance. He told people about me and invited them to my church. There is my ministry. His dad and brothers would help me with money. My husband was a Millionaire and would act like me.

