



Working together to rebuild lives
affected by mental illness

Clubhouse Connection

Racine Friendship Clubhouse
2000 17th St., Racine, WI 53403
262-636-9393
www.racineclubhouse.org



May 2017

"Leaves"

The leaves on the trees
Are blowing in the breeze
They spindle and turn
Just like an urn
Reaching up toward the sky
To provide shade for you and
I
You could even use a branch
for a swing
And then your children could
laugh and sing
Til the church bells ring

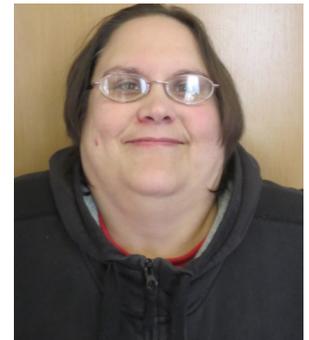


02/27/2017

My Recovery Journey, by Ann W.

I was diagnosed at 28 with bipolar, and ADHD, after seeking counseling. My dad had passed away, and I was living with my mom. She recognized some symptoms she saw on TV. I felt relief that I was put on medication to help manage these symptoms. I went to NAMI support group meetings. I got to talk to others who shared my symptoms and it made me feel better, and not alone. I was going to a drop-in center, Kismet Club, that closed due to funding. It took me about a year to overcome the social anxiety to join a

new program, Racine Friendship Clubhouse. It gives me ways to help build skills that I've forgotten. I get to meet new friends that have the same problems I do—some are different, some are the same, but it all stays in the clubhouse. I'm able to live independently and the clubhouse makes my life fulfilled.



My Clubhouse Interests, by Roger W.

Roger W.
My clubhouse interests are recovery, peer support, and gardening. RFC staff and co-members help me avoid crisis and learn coping skills. Socializations, activities, advocacy, helping with horticulture! He would like to

learn more about peer specialist training. She is thankful for life, health, love, and higher power. RFC, NAMI, Arc, family, friends, Society's Assets, Social Security, Medicare and Medicaid, Meridian/

McMynn and staff, doc-



The gift a baby boy, Leivi Tyrone



My life has changed so very drastically. I am a 38-year-old psyche patient that has been stripped of all psych meds due to being 4 mos. Pregnant, and high-risk due to being over 35. I was also hospitalized on Monday after Easter and I was diagnosed with gestational diabetes and now 100% insulin dependent and without the use of my insulin my pancreas will shut up.

I also was informed that I had a pulmonary lung disease. This has compromised my breathing and my baby's lung development. Life is so different now that I am carrying a baby boy inside me. Coping skills are so hard to use now alone without meds. I have come to have a love for music and been blessed with a powerful gift. I have a special gift: I am a talented song writer and blessed singer. I am having a

song published for me to sing when I give birth to my baby, Leivi Tyrone. The name of my song is called "The Gift of a Friend Named Baby Jesus."



Patti Patino

My name is Evangeline Patino, better known as "Patti". I have been at the clubhouse since retiring in June of 2006, about 11yrs. I have made many new friends since I have been here. I have helped in the kitchen preparing lunch when I first joined. I helped prepare meals many days. Had a long run of washing pots and pans. After about one year I started helping with the statistics for the clubhouse. Been working with administrative work since I first came. I really enjoy working in administrative work. I can work with the copy machines, fax machine, computers, typewriter and paper shredder. I've filed papers, helped with the clubhouse history notes, updated clubhouse member contact folder, receptionist work, outreach phone contacts and of course statistics (keeping tract of member hours, lunch bills along with monthly totals). When I first came to the clubhouse, I came five days a week. I helped in many areas. Now I come once or twice a week. Times change and I have become involved in other things in life. I usually come to keep up with the paperwork weekly if possible. I enjoy coming to visit friends and getting involved with activities at the clubhouse. The clubhouse always has activities to do. Some of the activities are karaoke, movie outings, bowlings outings, art therapy, meditation, job club, picnics, zoo visits, walking, sit and be fit excercises, morning and afternoon meetings, speakers, wellness classes, nutrition and men and women's groups. There are plenty of choices to pick from. By coming to the clubhouse I have earned one true friend, Nancy J. Baum. We are constantly together because we have many common things to share. This is a true friendship that I have waited a lifetime to get. She also is a club member. I plan to attend the clubhouse for a longtime yet. I hope other people will give the clubhouse a try, they to may find happiness in their lives.

Racine Friendship Clubhouse Board Representative

My name is Nance J. Baum. I have been a representative since January 1, 2017. I have been a clubhouse member for many years. Now I enjoy working with people. I like coming up with different suggestions to improve the clubhouse. While working with the board and clubhouse staff, I've helped implement new ideas and changes. I report to the board what the members ask. Also, I report to the members what happens at the board meetings. While working with board members I have come to know the board members on a more personal level. I am also on a board member committee. Members from the clubhouse can also be on a committee, without being a board representative. Babysitting is one of many occupations clubhouse members have taken on during their lifetime.

I have had many jobs. About 12 years ago I had to go on disability. I moved from Milwaukee to Racine with a friend that had a two month old baby girl, named Gabby. I was taking care of her while her mother was working outside and inside the house. Three years later, they had a baby boy, named Gunnar. The kids became dependent upon me on a daily basis. I love those kids, I loved the job. To this day I still see the kids on a regular basis. I hope for any other members who had a job or who still have a job is very happy doing what they are doing with their life.



Movin' 4 Mental Health Walk Fundraiser & Raffles



Sander's Park
Saturday, June 3rd
Registration: 9am
\$35

Dependability

By Nick G.

Note: This is a member's personal opinion and art



A perfect world would depend on one government trying to keep peace. All this non-perfect worlds thousands of governments cause nothing but chaos. Chaos, pollution and war are dominating human kind.

I believe a perfect world is full of peace, love and God holding us in heaven. They way we fight for peace is how we get peace. Fighting for peace is talking about world peace calmly. We are all supposed to have love and peace in our hearts. Within this non-perfect world, people are getting killed by gang violence, drug use, alcohol abuse and smoking cigarettes. We should eliminate the bad choices we make and make good choices. The thousands of governments we have should be one. If this world has one government that holds world peace, which is God's government could be united. We will be one united spiritual family. And that spiritual family will be peaceful for eternity.