



The Clubhouse Connection

May 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.

Millennial Meet Up

Hello, I am Kala; and I attend the Millennial Meet Up series that is hosted every Wednesday (5:30-7p.m.) at the Racine Public Library. First off, you may be asking: "What is a Millennial?" A Millennial is defined as a term to denote people reaching young adulthood in the 21st century (Google Dictionary). The Millennial Meet up group is open to millennials 18-29 years of age. We are a wellness centered group, each month focusing a specific topic of interest. For the month of March, we covered Depression. We partook in group activities such as discussion, recovery board games, and art. This helped us to understand, relate, and be knowledgeable about the various resources available in our area to help cope with depression. As for April, we are covering the topic of anxiety. We are open to any input and or suggestions from our members on how to make the group meaningful and beneficial to all who attend. This is a safe space, and whatever is said here, stays here. We would love to see you there. Come as you are. Snacks and drinks provided.

Kris D.'s Story

Since I've been apart of the Racine friendship Clubhouse it has helped me a great deal to come out and to socialize with other people who are suffering with mental illness such as myself it is help me to gain new friendships it helps me to work with a coordinator who is helping me get a job. It is helping me to have a place to go to learn about my mental illness to learn what is like to cope with it and to deal with mental illness in a positive way, as well as more coping strategies when dealing with my mental illness to Racine friendship Clubhouse is a great help and I appreciate being a member of the Racine Friendship Clubhouse.

(R.I.P. BRIAN WARZALA)

We all miss you until we see each other again

Brian we all miss you especially me and my mom

But we all know that one day we'll see each other again

You were a big inspiration on everybody who loved and cared about you

Some say death is permanent but it is the start of a new journey

A journey back home to our father

In heaven where there is no pain or suffering

A place where God's people are at peace and happy

One day we will all be in heaven united in God's love

Happy and at peace just enjoying each other's company

Death is not a permanent thing.

It is the joyous beginning back home that we all wish for when our time on Earth is over

I know that when it's my turn to start my joyous journey back home

I will see you again by the golden gate when I met St. Peter

In time when we will be judged by our Lord God on what we did and what we failed to do and hopefully be

let in to Heaven.

I know that you are in heaven looking over me

And guiding me in the right direction in love like you did when we were on Earth

I miss your company but can feel your spirit in my heart everyday

Although we are not together now

We will be in time catching up on good times in our lives

Nick Goetsch

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

What did you chose for your last Clubhouse Birthday Meal?

-Grilled Cheese– Chris R.

-Boiled Dinner– Steve M.

-Two free sodas instead– Clint F.

-Food, glorious food– Greg B.

-Chicken– Martin B.

-Tatertot Casserole– Alice W.

-Brats– Baron J.

-Spaghetti– Barbara R.

-Enchiladas– Izzy J.

-Leftovers and Chocolate Cherry Cake– Jenny M.

-Meatloaf– Halla C.

-Ribs– Dee Dee M.

-Cheeseburgers– Brian W.

-Reubens– Mary E.

Taking My Legislator to Work, by Clint F.

It was a fun experience getting interviewed for The Journal Times! A reporter came to my work at Malicki's Piggly Wiggly for Take Your Legislator to Work Day, where I met with Greta Neubauer. My parents came, as well as Jenny Marx and Lynelle Saunders. Greta job-shadowed and bagged some groceries. She also helped push some carts alongside me. I don't have a big head about it, although I have gotten a lot of positive feedback from people who have seen the article! I want to be an inspiration to people with mental illness, to say, they can get out and work like I did, and earn some money. They can be positive towards the customers and workers.

Life with my Little Snowball by Isabelle J.

The day of my birthday was the best day in a long time! I am a group home client that has a 7 ½ months old little boy named Levi. I had him adopted by my mom and dad. Because of my mental well-being, it was the best decision to let my family adopt.

I got so lonely after the birth of my son. I was so filled with joy the day I got to go to the pet store, and I fell in love with the most beautiful Albino guinea pig in the world. I was told by the pet store that my Guinea Pig was a little baby boy. When I got home I rubbed her belly and saw that I had a girl pig and not a little boy. I named her snowball. My little snowball is growing up so fast. Snowball is so sweet. At Easter, I went to the pet store and got some purple pet chalk and did her hair for the holiday. I love snowball so much I am going to bring her here to visit with every-

one here. I feel in I love with the very day I meet her and I have a good feeling she will become anyone's friend just love her sweet loving self and you can't help but love her. I love my sweet Snowball.

Update: On 4/25/18, Snowball was adopted by Elizabeth and Devon, because I found out I was allergic to her litter. I'm so pleased that her new family lives within walking distance of my group home, so I'm going to remain in her life forever. It was hard for me to give her up, but I felt it was in her best interest so she can be played with all the time, and without me getting sick. Snowball was the little boy Devon's birthday present! He will be 3-years-old, and I've been invited to his birthday party! I was asked to make a carrot cake in celebration of Snowball being adopted!