



Working together to rebuild lives  
affected by mental illness

# October 2017

## My Story, by Clint F.

I came to the clubhouse when I was 19 in 2001. I started having symptoms of mental illness at 13. I went to the youth hospital, and Dr. Callahan referred me here when I became of age. I checked it out, and I came back because I like the new staff we have here now. I come here at least twice a week, and look forward to it– the highlight of my week! I usually sweep and mop in the Building Unit. I'm employed in the community at Malick's Piggly Wiggly, bagging groceries and getting carts. I really like it and have been there 2 1/2 years, and never get sick of it! I also work at an Assisted Living Facility, Parkview Gardens, washing dishes. I like to play drums , guitar and base for hobbies. I want to be in a band someday.

THE WARRIOR'S CODE OF HONOR

BY NICK G.

AND RESPECT TO THEM AFTER EVERY WAR OR BATTLE.

BY PUTTING THEIR LIVES UP TO PROTECT THE PEOPLE THEY LOVE DEARLY

THAT IS STILL LIVING FROM DAY TO DAY.

AND PROTECT THE COUNTRY THEY LOVE.

ALL WARRIORS THAT FIGHT IN ANY WAR AND FIGHTS FOR FREEDOM DESERVES A

PROPER BURIAL WITH A 21 GUN SALUTE.

THE WARRIORS CODE OF HONOR IS WHAT KEEPS US ALIVE A WARRIOR WHO

SACRIFICES, FOR OUR LIVES AND OUR COUNTRY FOR US TO BE FREE

(THIS POEM IS A FROM ME AS A GIANT SALUTE TO THE MEN AND WOMEN SERVING

IN THE ARMED FORCES FIGHTING AND TO THE ONES WHO ARE VETRANS OF WAR

AND FOR YOUR SACRIFICE!

SAY THANK YOU.

## Tonya Sanchez's Story

My name is Tonya. I am 36 and battle bipolar. I was diagnosed at 14. I am also dual diagnosis with drug abuse issues. I have been clean since May 3, 2001- going on 16 years! My mental illness is so well controlled I haven't been in a hospital since 2001, I've learned coping skills over the years, like writing, journaling, coloring, and talking to others who struggle with similar illnesses and support groups. My therapist referred me to the clubhouse, and I became an official member July 10<sup>th</sup> of this year. I was at Port of Hopes in Michigan, another clubhouse, when I lived out of state. Since I've been at the clubhouse, I haven't been so depressed and haven't had so many manic episodes because I have something to do. It keeps me on the right path to recovery. I really like volunteering to do the reception area, because I like being able to take on responsibility. I'm the first person they greet, so my attitude effects them. I also really like the outdoors with the garden. I also have led a support group on domestic violence awareness. It's a blessing to have places like this.

**Mission:**

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

**Vision:**

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



**Being a Clubhouse Volunteer, by Linda H.**

I heard about the clubhouse through my long-time friend, Steve M., a member of the clubhouse. I was retired from Goodwill, and I didn't want to just stay home. I was thinking of volunteering at Hospitality Center, but I thought the clubhouse would be a better choice, because at Hospitality, they just sit around and talk, play games and smoke. I wanted something more structured. On July 29th, 2016, I started volunteering at Racine Friendship Clubhouse. I clean windows, do trash, and see what needs to be done and do it. I also go to morning meeting and participate in groups. I like the people here, who have interesting situations. I enjoy learning about things. The clubhouse gave me a meaningful way to spend my days, serving others.

**Being a Longtime Member, By Greg B.**

I joined the clubhouse back when it was called Harbor House nearly 20 –year-ago. There have been a lot of changes over the years. I serve in the Culinary Unit, rolling silver wear, unloading the dishwasher, putting cups out, and washing and drying towels. I spend a lot of time with my friend, Clint, here, also a member for a long time. It keeps me busy during the days, as I come here Monday through Friday.

**Responsibility, by Phil T.**

I have been a member of the clubhouse for 6 years. My CSP social worker referred me. I like that we have a meal, and I can be a social butterfly here. I do janitorial tasks, mainly the bathrooms in the Building Unit, and watering the garden. I like Men's Group, and Bowling. What helps me cope with my mental health issues are not dwelling on it, and stepping up and taking actions to be responsible, like coming to the clubhouse more often. I come here now 3-4 days/week.

### **My Story, by Dennis S.**

My father and I went to Milwaukee together in his Plymouth to our jobs. I worked at Manpower, doing maintenance work, and my father worked 51 years at a casting company. I grew up not having money until 18-years-old, when I paid \$20/ week rent. Then, I went to a rehabilitation center for one year. I had my rent paid from the county and had money for that one year there. I went to rooming houses and paid rent. I was hospitalized for 26-and-a-half-years. For many years I missed music, and couldn't think right— until the 14th year, when I got medication that helped for Schizophrenia. I missed out on things for many years, like TV and radio. After I was released, I found a place to live in Racine at Prospect Heights. I've been there now over 14 years. They referred me to Racine Friendship Clubhouse, where I listen to my radio. I also go to meetings, and wipe tables, and pick up garbage outside— and I took out the trash for a long time. I used to do dishes, too. It helps me to come here.

### **Birth of Levi, by Isabelle Johnson**

A sad story. I went into the hospital August 25th, due to type 2 diabetes and gestational diabetes. I went in on August 25th to have an ultrasound photos ; they saw that my son was gaining weight and I was holding at 151 lbs. of amniotic fluid and a child of 5.5 lbs. and was kept in the hospital. I had my blood sugars tested and it was 264, and that is fatal to me and my son. That is what got me in the hospital. I was on insulin 5-8 times a day, getting put on a 180 calorie diet. That was not fun. I was put on a fetal monitor 3 times a day for an hour to 3 hours at a time. I went into labor at 7am and delivered C-section at 1:07pm. I was in labor for 5 hours and then delivered. He was 6 lbs.3oz. and 17 inches long. He is home now and doing well.

**A poem, by Eugene W.**

We were begged to the idea of a warring dualism of opposing principles  
Of good and evil, and the roots of this false theology are tangled  
In the mental and moral being of the race.

It amounted to a belief in two gods-neither of them real.

Its influence on the race-thought has been baneful.

Upon him whose mind is still divided in the belief in two self-existent  
Powers, the effect is weakening and confusing.

There is one God, One Principle, One reality, and one only-self existent,  
Absolute, eternal.

One cannot too often fortify the mind with this concept, for in reality are  
Our refuge and strength.

Abundant evil and abuse there surely are in this world. But a principle of evil, a  
Self existent power evil there is not,  
And such an idea must be buried in the graveyard of superannuated  
Beliefs.

From our ignorance, our mistakes, our selfishness, and the ignorance and selfishness of  
Others, arise our troubles and tribulations, and source other than this there is none.

We mistake illusion for reality and appearance for fact.

Ignorance has ever been the arch enemy of mankind but that ignorance  
is neither a principle or a person, but merely our deficiency in wisdom,  
as darkness is absence of light, cold the absence of heat.

Like children we learn our lessons and suffer the results of our mistakes  
And our faults, while through experience and through insight we slowly  
Establish in our minds, truth and place of error, reality in place  
Of illusion.



The first week in October is **Mental Illness Awareness Week!** Join the clubhouse at Monument Square from 8am-5pm, wearing lime green and holding signs for “Go Green Monday!”

Wednesday, October 4th is a showing of “Call Me Crazy” at Golden Rondelle, 1525 Howe St. Doors open at 5:30p.m.

Friday, October 6th is the Candlelight Vigil at NAMI (2003 DeKoven Ave.), which will proceed to Human Services at 1717 Taylor Ave., and end at the clubhouse. The program will include lighting candles in memory of those who with mental illness who are no longer with us, as well as hope for the living, including music,, speeches and poetry.

### Mary L.’s Return

I am a returning member to the clubhouse; I first joined in 2008, and at that time, I felt it wasn’t for me. I was looking for more to help my recovery from depression and suicidal thoughts. Now, the clubhouse offers more group sessions. I especially like the Spiritual Study. I like to bring recipes and my kitchen knowledge to our Culinary Unit. The staff keeps an open door, and I felt like I could be listened to and not be judged– it lifted a weight off of me, and I felt so much better after opening up for the first time!