



The Clubhouse Connection

November 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.

2000 17th St., Racine, WI 53403

262-636-9393

Vocational Updates from Jenny M.

Kris D. is now at C Squared Rodent Supply!

Taurean P. is at UW-Parkside Janitorial via RCOC !

Tamron C. began at Boss Burgers!

Jenny B. also started her job at Great Lakes!



Little Flowers Never Worry, submitted by Barbara R.

When the rain begins to fall and

They begin to cry.

Although they're tossed to and fro.

Oh, it's wet and so cold,

Soon the sun will shine again.

Then they'll smile and soothe the world,

For their beauty to behold.

Let it rain, let it rain.

Let it pour. Let all troubles

Just keep knocking at our door.

Cause if it never rained,

We'd never grow.



Once a member, always a member, by Izzy J.

I became a member at the Clubhouse 19 years ago and then wasn't able to attend for a great number of years. 2 years ago I returned to my friends who offer love, encouragement, and praise. As a matter of fact, when I returned, I was pregnant with my son, Levi. My friends at the clubhouse were accepting and offered their help and support. Some even visited me in the hospital. I'm grateful I get to cook lunch for others to enjoy. Last week, I brought in edible playdough for others to enjoy. I'm learning the skills I need to live independently as a member at the Clubhouse. It's awesome here!

Continuing to Grow, by Donna Z.

A friend of mine was concerned about me isolating, and told me about the Clubhouse in March of 2009. I didn't have social skills and fought with others, but I improved them through the years here by being around people, talking with them and listening. Now, I can socialize outside of the clubhouse and not have problems with others. I do a lot of office work, like balancing the credit card statement and lunch money deposit. My self-esteem has risen from the bottom it was in '09 to 100%! For the last 7 years, I've gone to the Clubhouse WI Coalition meetings with all the clubhouses in the state. I was elected Board Member Representative by other members! I continue to grow with my whole life.

All These Flowers, by Tina A.

Recently I attended a great film based on 6 families whom are living with bipolar disorder. This was a excellent experiment for me and my mother that who also accompany me. All of these flowers not only shared their personal stories, but was a topic that I myself could relate to. The film went on to explain the daily task of living with the disorder and how trying to accomplish other things in life. Some which was the balance of coping with the struggles on living on a daily basics of how to live in society without be judged and finding resources and the help that is offer, whether its your social worker, family etc.This film is a one of a kind, something that I would say special in all ways and parts of life. Once the film ended there was also a panel who share their stories and answer questions. Overall I enjoyed my evening out along with my mother who was a great sport for just being there for the support.

Buckeyes Bonbons, submitted by Izzy J.

(makes 50)

- 3 cups of creamy peanut butter
- $\frac{3}{4}$ cup (1 $\frac{1}{2}$ stick) of softened butter
- 4 tablespoons of pressed brown sugar
- 2 teaspoons of vanilla extract
- 4 $\frac{1}{2}$ cups of powdered sugar
- 3 $\frac{1}{2}$ cups of semi-sweet chocolate chips
- 1 box of toothpicks



Mix creamy peanut butter, softened butter, pressed brown sugar, and vanilla extract.

Stir in powdered sugar in $\frac{1}{2}$ cup intervals. Once you have 3 cups of powdered sugar is in the bowl, wear gloves to mix the rest of the powdered sugar with hands.

Roll into 1 inch balls and place on parchment (wax) paper. Refrigerate for 15 minutes.

While peanut balls are in the refrigerator, place chocolate chips in a glass bowl. Fill a pot on the stove with 1 cup of water.

Heat the pot of water until boiling. Put the glass bowl of chocolate chips over boiling pot of water and let the chocolate chips melt slowly.

Take peanut butter balls out of refrigerator and place a toothpick in each ball. Then dip into melted chocolate.

Place the dipped peanut butter balls back on parchment (wax) paper and refrigerate until you are ready to eat.

Oscar Wilde Quotes, Submitted by Dennis W.

“Be yourself; everyone else is taken.”

“To live is the rarest thing in the world. Most people exist, that is all.”

“Women are meant to be loved, not to be understood.”

“I don’t want to be at the mercy of my emotions. I was to use them, enjoy them and dominate them.”

Write a letter to someone who had positively impacted your life., by Ana E. (who is now awake from her coma)

Dear Chris Rosin,

You have impacted my life by letting me share my ideas for things to do here at the clubhouse. Another thing you did to impact my life was talking to me about problems and helping me find solutions to the problem. Chris, you have impacted my life since I came here. You have helped me out. Thank you so much Chris, I hope you stay the way you are. You can help other people that way. Chris, you can never fail to make someone’s day or impact someone’s life, like you did with mine. Keep it up Chris. You lighten up my day when I come to the clubhouse and it helps me out. I would like to come more to learn about the clubhouse and come to feel impacted and safe.

Dennis W.’s Story:

I’m 73-years-old and I’ve lived all my life in Racine. When the Clubhouse started 25 years ago, I had no friends or companionship, and the place was right for me. I’ve enjoyed having the tasks for something to do during the day, to get away from being alone all the time. I enjoy the outings. I get the chance to socialize with people. I was lonely all the years I didn’t come here. I’ve even made a couple of friends outside of the clubhouse. My interests include: traveling, politics, history, photography, music and art. I have a B.A. degree from UW-Parkside in Geography.