



RACINE Friendship Clubhouse

Working together to rebuild lives
affected by mental illness

The Clubhouse Connection

January 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
262-636-94993

Enjoying Folks, by Bill P.

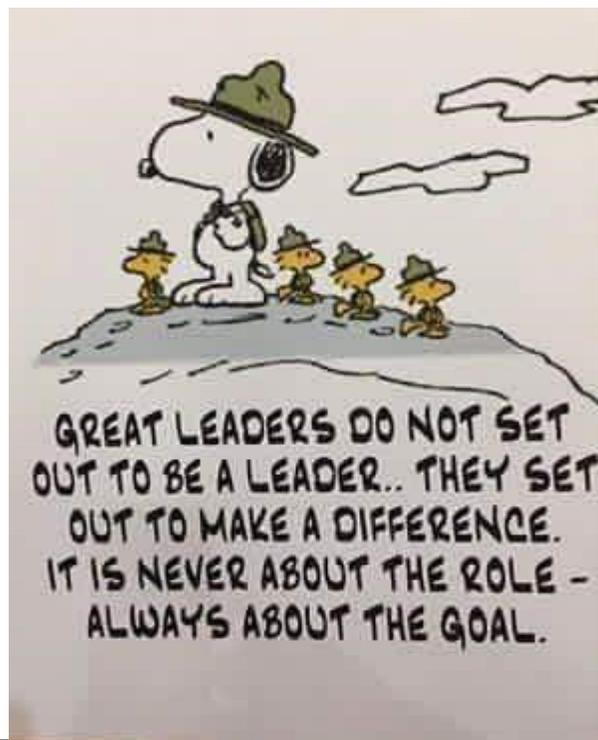
I am a longtime member, who became active again to get into a routine and to better myself and others through groups. I'm working on myself in therapy. I want to expand my knowledge, and I like drawing and reading. I have good insight for anything wrong and offer help if they need it. I'm so glad to be back and that there's this place I can go to get away from it all. An RN referred me here when I first joined. I've done a lot of drawing and art here, and built strong relations with others, as well as confidence. I'm feeling better and have a better awareness of helping people out.

Why I Volunteer, by Laura T.

I found out about the clubhouse through a website called volunteersolutions.org. I always had a desire to help people with disabilities, and I feel like people with mental health issues have stigma attached with their diagnosis, and I wanted to help in any way I could. In 2009, I started volunteering, helping people here with computer work. The clubhouse was in need of helping people creating email accounts, internet ordering of products, finding different resources, and job applications. It makes me feel useful and feel good about myself. I don't think it's possible to do a selfless deed, because you always feel good. I continue to volunteer because I see the difference it makes in people's lives and the impact for people experiencing mental health issues.

The Magic of the Work-Ordered Day, by Chris R.

As I cleaned at home, preparing for a holiday party with each family member taking on a room, I felt so connected and proud of what we accomplished as we came together for a meal afterwards. It reminded me of what the work-ordered day feels like in a way that people can understand and relate who have never experienced the magic of our Clubhouse! I'm so thankful to be part of the team that is living our mission of inspiring hope and opportunity for persons with a mental illness!



Nick G's First Burger Recipe

The Seasoned Mustard Burger

INGREDIENTS

1 ½ Pounds Hamburger Meat

A Dash of Garlic Powder

A Dash of Onion Powder

A Dash of Lemon Pepper

A Dash of Black Pepper

A Dash of Salt

1 Teaspoon of Koop's Stone Ground Mustard

1 Teaspoon Lemon Juice

One Egg

1 Teaspoon of Worcestershire Shire

2 Half Cups of Water for Meat Tenderness

And Flavor Balancing

Technique

Mash all ingredients together.

Form 4 patties.

Fry or grill till safely done.

Serves 4

Whoever wrote this poem is an genius

Ugly Pretty

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I as ugly as people say?

(Now read bottom up)

by Abdullahi O. O.

Linda Bestor, Art Therapy Volunteer

Both my son and I have had challenges with mental illness and at times, we have felt very isolated and alone. The Racine Friendship Clubhouse provides a place of family, fun, and interesting activities. I'm pleased to provide some art projects for the clients to use their creative skills. I have found some wonderful talent and always fun times. I am so glad to be welcomed into their supportive and positive community! Thank you.

Frecnh Toast Casserole, from Lynelle S.

For “French toast” style breakfast casserole, I just use

torn up bread – 2 cups

12 eggs scrambled

ground sausage – 1 pack/tube browned

Vanilla – 1 tablespoon

And serve with syrup

Brown the sausage and drain. Scramble eggs, add vanilla and sausage. Spray glass pan with cooking spray or rub with cooking oil. Line with bread. Pour egg mixture over bread. Bake 20 minutes at 325

CRYSTALS OF LIFE

Frozen white Blood of Earth Life

Flies fluff-like off a Great Lake

Itself thick, choppy almost Solid

We bemoan such Messy Storms

We marvel at such Beauty

We cringe from their Danger

Then Squint, smiling when Ole Sol

Glints off, thru, Living Aqua Diamonds

By grateful, proud 10-year

Racine Friendship Clubhouse

Member – Volunteer

Roger Wyosnick, December 2018