



The Clubhouse Connection

April 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.

Emotional CPR, by Chris Rosin

Clubhouse staff went to Emotional CPR at NAMI, where they learned about connection and being present and open. We can't fix problems, but we can be empathetic and feel with people. We need to respect their choices; even if we don't agree, we are not judging. The only credential you need is to be a peer as a human being. It's important to know when you can't give, and connect with yourself. It's so natural to listen and be deeply present. We serve as a mirror to help others see themselves and find their answers within. It's about reconnecting with your true self and sharing in vulnerability, as you might also have something to share from your own experience that is helpful to that person. What our society is missing is feeling connected to each other. Emotional CPR helps people feel their power. Luann Simpson of NAMI has a vision to see the sun logo of ECPR on downtown businesses and around the community. This was one of the best learning experiences I've ever participated in. I saw the difference it made with a coworker in their interaction with another member; being there for her and helping her find her own solutions. It's something we can also use in our personal lives and daily lives- for example, instead of trying to fix my stepdaughter's bullying issues at school as I usually respond; I tried an empathetic approach, saying, "I'm sorry to hear that. I've been bullied, too, and that's terrible." There was a heart-to-heart connection, and that's what Emotional CPR is all about . Thanks to Linda J. and Cherie L. for coming in to cover the clubhouse, and the teamwork of our members!

Quotes, submitted by Mark M.

- "We can't help everyone, but everyone can help someone." -Ronald Reagan
- "You must do things that you think you cannot do." -Eleanor Roosevelt
- "When you have a dream, you have to grab it and never let go." -Carole Burnett
- "Shoot for the moon, if you miss, you'll still be in the stars." -Unknown
- "Wear a smile, and have friends– wear a frown, and have wrinkles." -Unknown
- "It's never too late to be what you might have been." -Unknown

Wow Moments:

Mary L, Marsha L., and Donna cooked lunch!

Izzy J. said last time cooking was so awesome, that she can't wait to do it again!

Shaun G. typed the lunch menu for the month!

Dennis W. washed pots and pans!

Rudy R. copied the calendar!

Barbara R. and Izzy J. helped mail lunch calendars!

Taurean P. sat in a morning meeting and shared!

Donna Z., after cooking the day before, came in to prepare the fruit to help Izzy!

Barb R. said the clubhouse gets her out from her group home!

Ann E. said coming is better than being isolated at home, watching TV, listening to the radio.

Nancy J. said she received support here!

Marsha L.'s adult son is moving out!

Steve M. said that even though he was tired, he pushed himself to make it in!

Donna Z. is taking over lunch billing!

Izzy J. said she was going to help Barbara R. with bussing when I went in to assist!

Barbara R. took initiative to fill the soda machine; sometimes members start thinking of tasks as their jobs or like doing them!

Angela P. took an online writing class!

Darnell J. typed for the newsletter and took fridge and freezer temps!

Lisa G. watered plants!

New Member, Donna H., did the pink zone!

Members shared coping skills with Lisa G.

Barbara R. signed-up other members for tasks!

Martin B. helped empty garbage!

Dee Dee M., Mary L., Marsha L. and Ann E. got together outside of the clubhouse over the weekend!

Kris D. attended a CCS Committee Meeting at Human Services!

Babi T. did like 4 tasks on her first day!

Anfrancee C. showed Babi how to do temps!

Barbara R. took initiative to decorate for St. Pat's, engaging Anfrancee C. and Marsha L.

Barbara R. changed the clocks forward for Daylight Savings!

Dennis S. wiped and dried tables!

Darnell J. offered to mop for Barbara R. when he observed that she needed to rest!

100% of staff has been here for 2 or more years!

Denise S. (intern) led a group on gratitude!

Tonya S. peeled 10 lbs. of potatoes in under a half-hour!

Tonya S. shared in group how the clubhouse has helped her overcome obstacles!

Dennis W. and Donna Z. counted the deposit!

Brian W. rolled silverware!

Alice W. bussed, and she also served in reception!

Beginning in April 2018, you must be at the clubhouse by 10:30 to sign-up for lunch- no call-ins anymore, no exceptions! This will slow-down reception, as we found other clubhouses are doing, as well as encourage people to participate in the program.

Also on Wednesdays beginning in April, we will be open until 4p.m. after our Work-Ordered Day for a Wellness Fun group!

Shaun G. helped carry boxes to the curb! He also said he wants to look for a job!

A team of about 6 members helped bag extra fruit donations for people to take home!

Sally D. typed 5 recipes!

Alice W. paged a receptionist when she needed a break from the front desk!

Connie K. was an orientation buddy!

Returning member, Jason L., was brought back in by receiving one of our calendars, and came in for the Vocational Meeting!

Jason L. and Mark M. made over 20 outreach calls to members who have not been attending!

Dee Dee M. made lunch for the clubhouse!

Jason L. shared that he was a member of Yahara House in Madison!

Members ran RFC for 15 minutes while I did a morning ride!

Barb R. shared she once held a job for 17 years!

Lisa G. said she has been coming once/week, as she intended!

Izzy J. and Barbara R. helped make Lucky Charms treats for St. Patrick's!

Dee Dee M. showed me a way to take the shell off of hardboiled eggs under a pot of cold water!

Members have been helping each other team up on tasks more, such as Dee Dee M. offering to help Izzy J. put away pots and pans, or Darnell J. offering to carry out the garbage for Anfrancee C.!

Barbara R. offered to wipe down the railing going downstairs and dust the ceiling fans!

Anfrancee C. helped cook!

Shaun G. and Taurean P. served lunch for the first time!

Dennis S. picked up garbage that had blown into our bushes!

Tonya S., when I asked if she needed to talk about a dilemma, said she could talk to another member as a peer!

Barbara R. was able to do some problem-solving on her own about an issue refilling a soap dispenser!

Mary L. said she thinks too much at home. She led a tour, and shared how much the clubhouse helps her, from talking to others, to attending groups- including Brea's Mediation!

Taurean P. and Shaun G. served lunch for their first time!

Shaun G. helped carry in food delivery boxes!

Isabelle J. has a job interview at Red Lobster!

Denise S. said that she likes how the clubhouse is a team!

Greg B. said the clubhouse keeps him busy!

Isabelle J., when dressed for an interview, adapted to doing a different task!

Brian W. said that he likes to socialize and hang out with friends at the clubhouse!

Taurean P. offered to take pics!

Valerie W. made outreach calls and has a lovely phone voice!

Dee Dee M. did about 5 tasks! Dee Dee M. gave Thomas a housing resource!

Angela P. got married!

Taurean P. and Anfrancee C. took extra bakery donations to our neighbors!

Darnell J. helped cut up vegetables!

Mary L. cooked lunch for the clubhouse!

We are going to start staying open late on Wednesdays for Wellness Fun Enrichment until 4p.m.!

Baron J. shared he quit smoking one month ago!

Alice W. attended a CCS Regional Committee Meeting and shared that she was glad of her experiences in the program!

A Midnight Thought, by Marsha L.

Though it is dark
A light still shines-
A light in the mind's eye,
Revealing thoughts of life and time,
Of love and peace,
And a place called home

Hands,, by Alice W.

Hands that cover my petals shall not blot out my sun.
Hands that peel my leaves shall not strip my inner beauty.
Hands that try and pluck me shall not kill me. For my blossoms around me carry my scent.
Hands that water me are those who accept me.
Hands that know my delicacy hold my seed.

THE WARRIOR'S CODE OF HONOR, by Nick Goetsch

THE WARRIOR'S CODE OF HONOR MEANS AND SAYS THAT EVERY WARRIOR DESERVES TO
HAVE OUR SHOWING OF RESPECT,
AND HAVE US TO SEND LETTERS OF OUR LOVE TO THEM. WHILE THEY ARE SITTING THINK-
ING OF THEIR LOVED ONE'S WE ARE PRAYING FOR A SAFE RETURN WAY BACK FOR THEM.
DURING EVERY WAR OR BATTLE.
AND PUTTING THEIR LIVES ON THE LINE TO PROTECT THE PEOPLE THEY LOVE DEARLY
THAT ARE STILL LIVING FROM DAY TO DAY.
AND PROTECT THE COUNTRY THEY LOVE .
ALL WARRIOR'S THAT FIGHT IN ANY WAR AND FIGHT FOR OUR FREEDOM DESERVES A
PROPER BURIAL WITH A 21 GUN SALUTE.
I BELIEVE EVERY SOLDIER NO MATTER WHAT COUNTRY YOU ARE FROM DESERVES
YOUR COUNTRIES LOVE AND PRAYERS FOR A SAFE RETURN HOME
THE WARRIORS CODE OF HONOR IS WHAT KEEPS US ALIVE. A WARRIOR WHO SACRIFICES
AND PUTS HIS/HER LIFE ON THE LINE FOR OUR SAFETY DESERVES OUR RESPECT AND HON-
OR FOR THEIR SACRIFICES LIVES FOR OUR'S AND OUR COUNTRY.
(THIS POEM IS A FROM ME AS A GIANT SALUTE TO THE MEN AND WOMEN WHO ARE SERV-
ING IN THE ARMED FORCES FIGHTING FOR OUR FREEDOM AND TO THE ONES WHO ARE
VETERANS OF WAR AND FOR YOUR SACRIFICE I SAY THANK YOU THERE MAYBE ALOT OF
PEOPLE WHO DON'T RESPECT YOU AND YOUR SERVICE FOR THIS COUNTRY.BUT THERE
ARE EVEN MORE PEOPLE WHO HONOR, RESPECT'SAND APPRECIATE YOU FOR YOU SER-
VICE.)