New Year 2022

Oxford, Michigan

# Clubhouse Inspiration

Clubhouse Chronicle

## Let's Welcome the New Year Together

As an old year ends and a new one begins, we often take time to reflect on what we have accomplished in the past, what we are proud of, and sometimes, what we might wish we had done differently. It has been a hard year in many ways, with issues surrounding the Covid-19 pandemic, the loss of several staff as people moved on in their careers and personal lives, and also the passing of some of our beloved Clubhouse members. It has also been an especially hard time for the Oxford Community with the tragedy of a shooting at the Oxford High School. Throughout these hardships, however, it has been inspiring to see the community band together as #OxfordStrong. Our auspice agency TTI held a plate smashing event in support of students' mental health, and clubhouses around the world sent messages of support in solidarity.

The new year now presents us with an opportunity for new beginnings in a special way, where we focus on resolves to be even better, to do better and to accomplish more. We look forward to increasing our learning, to applying wisdom and knowledge in supporting each other and our community, to increasing mental health awareness and continuing to "shatter the stigma" of mental illness.

We are also especially excited to welcome new staff, to welcome back our Assistant Director from maternity leave, and to get Clubhouse Inspiration on track for an amazing and Happy New Year!

# Let's Have Vision!

The following snippets include both New Years Resolutions, and Words of Wisdom, from both Clubhouse Inspiration members and Staff to inspire you for 2022!

Tabby - quit smoking

Chuck - if you didn't succeed this year, try harder next...

Barb C - smile, be happy

JoJo - do unto others as you would have them do unto you

Emma - try to bring out the best in people

Barry - don't let people change my mood and my feelings

Barb C - make new friends

Chris - get more exercise

Reggie - count calories

Jeff K - set goals for yourself

Renee - always have a happy day

Julie - get a new car

Mary - eat more healthy

Robert - keep warm in this weather

Chris - be kind to others

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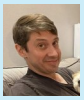
### Special points of interest:



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# Clubhouse Inspiration has a New Director

## Clubhouse Inspiration welcomes new director Cory McQuistion

Gaining employment at a Clubhouse is quite unique, in that not only does an applicant go through an interview process with the Human Resource department, but they are also required to perform an interview with the staff and membership that they will potentially be leading and working with.

On Monday, January 10th, 2022, Cory McQuistion was interviewed by a panel of three existing Clubhouse Inspiration staff, and ten members, going through an exhaustive list of detailed questions regarding his qualifications, experience, interests and character. Every question was met with an answer that impressed the panel, and following the interview, Cory spent time mingling with members, answering additional questions and talking about the direction of Clubhouse. After he left, members and staff held a meeting to discuss how they felt about the interview, Cory's potential as director, and his general "fit" with Clubhouse Inspiration. When asked for a show of hands indicating who felt that Cory was the right person for the job, the vote was unanimous!

We would like to extend a very warm welcome Cory McQuistion as our new Director! We are so very excited to have new leadership, and can't wait to see where the future takes us!

On a personal note, Cory loves spending time with his two dogs, Cashew and Kiwi.

# Welcome New Staff

Kayla Waple recently joined Clubhouse Inspiration as our newest generalist. She is not new to working in mental health, with a background working as an Autism Behavioral Technician at Training and Treatment Innovations in Sterling Heights, and had been helping out at Clubhouse on a part-time basis for a couple of months. Members were thrilled when she applied to join us full-time, and claim that we are never going to let her go! Kayla is also continuing her education at Oakland University where she is studying to complete her Psychology Degree. Kayla's favorite quote is "Like a lotus flower, we too have the ability to rise from the mud, bloom out of the darkness and radiate into the world."

# Welcome back to our Assistant Director

Biggest of congratulations to Trisha on the birth of her beautiful baby boy Beau!

We have missed Trisha immensely, and wish her the warmest welcome back on her return at the end of her maternity leave, late January.

# Farewell

Many of us grew up believing that all people are good, or at least everyone has the potential to be good and has goodness within them. It gets harder, though, as we get older, to view humanity so optimistically. That is, until someone like Matt Adams appears. Unquestionably, it takes a very special type of person to work as a generalist at clubhouse. On a daily basis, it's a constant test of patience and multi-tasking and anger management, not to mention doing it all with kindness, compassion, and understanding. And really, it's those "softer skills" that are actually the hard ones, but Matt Adams possesses them all and he uses those skills in a way that makes it all appear so easy and natural.

Clubhouse Inspiration members have looked up to Matt, not only because he is a knowledgeable, trained staff member, but also because he is like a friend and a member of the family. He's always demonstrated a keen ability to convey to members that he relates to them, that he understands how they feel, and that he truly cares.

Matt Adams worked for Clubhouse Inspiration and TTI for fifteen years, where he was a popular member of the staff, often sought out by members for advice, help within the workplace, and a listening ear. Descriptions of Matt from Clubhouse members include the following:

"...the coolest person in the whole entire clubhouse… I really looked up to you…"
"...truly one of the good people… kind, patient, supportive, respectful, compassionate and sincere…"
"...without a pretentious or judgmental bone in his body…"
"...a trusted friend and leader…"
"...calm cool and collected…"
"...there for you …"

It's hard to imagine a day at Clubhouse Inspiration without Matt. He made us laugh. He encouraged us. He listened to us every time we just needed a friend. And he's the type of guy who never seems to have a negative thing to say about anyone.

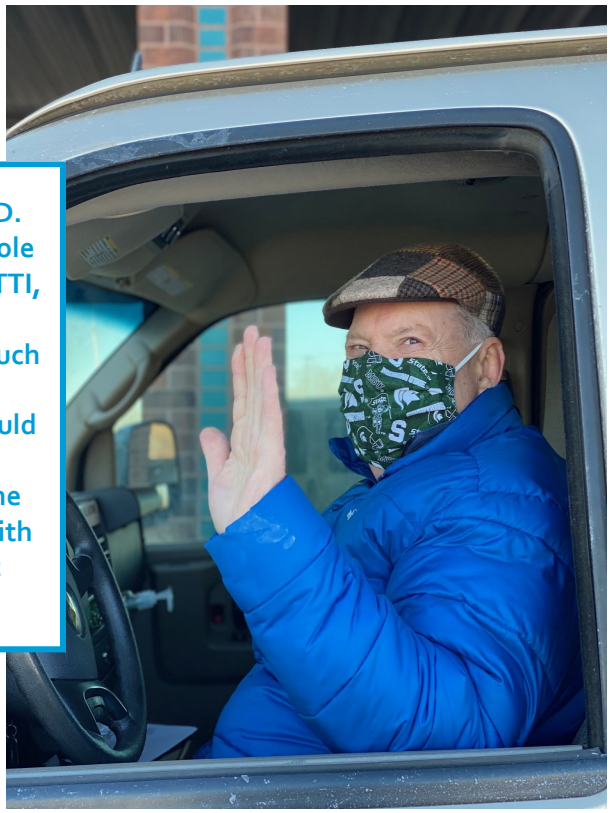
We're devastated to have to say goodbye to Matt. Our hearts are broken, but we also want nothing other than for Matt to pursue his dreams and find the perfect place where he needs to be. Matt's time at Clubhouse Inspiration was greatly appreciated and he will be sorely missed. We wish him all the very best, and every success in all future endeavors.

# Let's Talk Transport

We are vey excited to share the news that we have a new Clubhouse Inspiration van! Our new vehicle seats 12 passengers, requires a chauffeur's license, and gives us the ability to really transport our members in style!

*No road is long with good company.....*

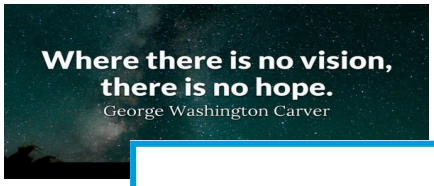
When David D. took on the role of Driver for TTI, little did he know how much Clubhouse members would enjoy his company as he has helped with our transport needs.



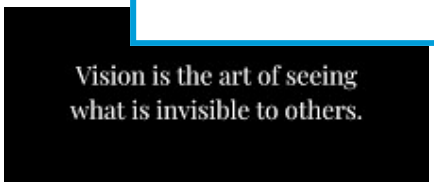
# Social Events

What could be more social throughout the holiday season than Christmas and New Year Celebrations? Clubhouse members and staff enjoyed great food, fun and games along with wonderful company and gift giving.

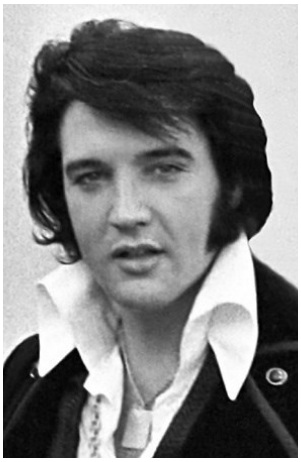
## Vision Board Making




As a fun new year social event, we went through magazines and selected articles, words or images that we felt drawn to, and arranged them on poster board to create works that will continue to inspire us through the coming year.



# Let's Talk Music—Elvis Presley



Born January 8th in 1935 and passed a day before his next concert on tour on August 16th, 1977 at 42 years young. Elvis was a charismatic entertainer featured in songs and movies. Jojo's favorite song is *Polk Salad Annie* which is about a poor southern woman, her family, and their lifestyle. Polk Salad is a recipe that uses pokeweed as the main ingredient and is comparable to a cooked greens dish. Elvis is also starred in *Change of Habit* with Mary Tyler Moore during his time as an artist. This is Jojo's favorite movie since he was able to watch his favorite entertainer take on a more dramatic role. There are many reasons why Elvis is Jojo's favorite; a story he holds dear about Elvis' generosity was upon learning about a woman without legs in the newspaper, he took it upon himself to buy her an electric wheelchair. He hand delivered it to this stranger and has been known to purchase vehicles "out of the blue" for people he cared about. While "The King" disliked the nickname, probably because he was described as "down to earth" despite his fame, his demeanor and mannerisms would always drive crowds wild. Seeing Elvis' home in Grace Land is one of Jo-Jo's bucket list items to visit since Jojo was just seven years old when his idol passed.

# Our New Stove

Who among us doesn't love a good hot lunch? For the unbeatable price of one dollar, Clubhouse offers a hot meal every day, which includes a salad & milk or tea. If you prefer, you can opt for a PB&J.

At the end of December we were very thankful to be able to purchase a brand new oven and stove with which to prepare our meals. This also makes it possible for many of our members to learn valuable job skills in the kitchen.

**... eat honey, because it is good, And the drippings of the honeycomb are sweet to your taste.**

Proverbs 24:13 Amp

# Movie Review

## Free Guy

**2021**

**Vudu**

**Starring: Ryan Reynolds, Jodie Comer**

This hilarious nerdy chick flick has just the right amount of, “Awwww,” and “Awesome!!” moments. This popular video game gets taken over by none other than Blue Shirt Guy himself by….being good? And being good at it?

Guy (Reynolds) is a character on the hit video game Free City. Guy ends up proving to himself, and so many others, that you really can decide what you want for your future. Default doesn’t have to be the only setting.

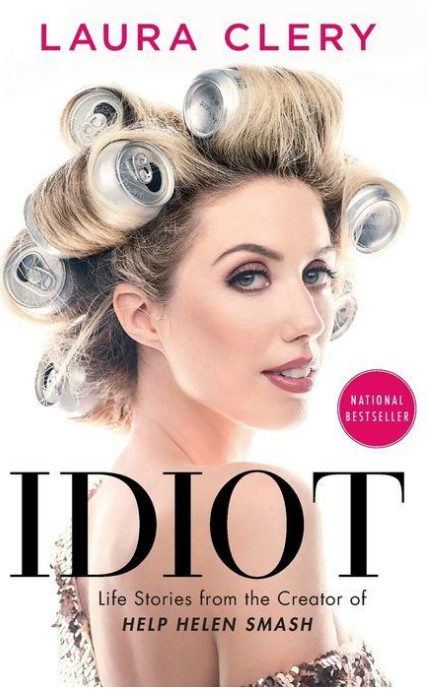
5 Stars

Rated by Staff, Ashley

**“Life doesn’t have to be something that just happens to us….”**

**Free Guy**

## Book Review




Laura Clery’s “Idiot” is not only entertaining from start to finish, but also a inspiring demonstration of how one person not only survived serious substance use disorder along with ADHD and depression, but has gone on to live with her diagnosis and blow the world away with an immense amount of creativity, sense of humor and willingness to “put herself out there.” The book can be somewhat shocking, telling the story of Laura’s life from her own childhood, to the birth of her own child. Inspiring quotes from Laura Clery include the following:

*My addiction is a fatally progressive disease. It has a voice that used to speak loudly. I work every day to speak louder than it.*

*There was a lot that didn’t feel like my fault at all. But the only thing in life that I had control over is myself and my reactions.*

*It is not lost on me that I am extraordinarily blessed in my life but let’s be clear, gratitude is being thankful for my blessings, not pretending that my struggles don’t exist; and unfortunately, money and fame have not yet cured my alcoholism, ADHD, depression, and postpartum struggles...*

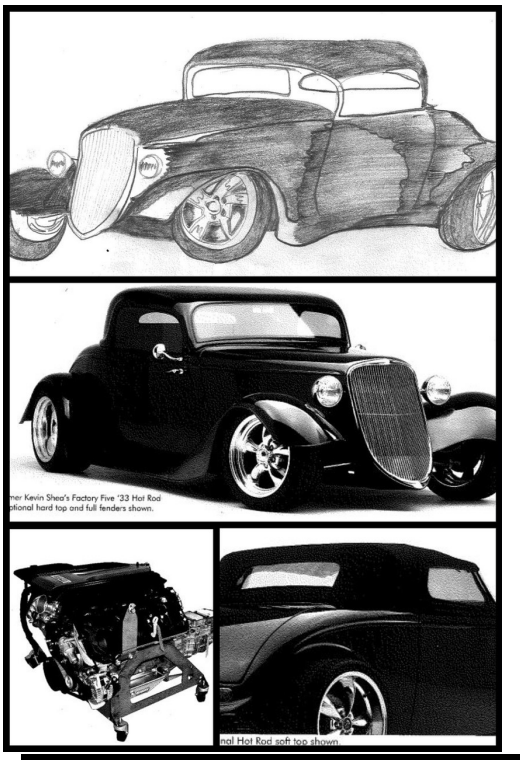
*I think comparative suffering is unhelpful to everyone involved.... ..I am on your team, this is not a competition...*

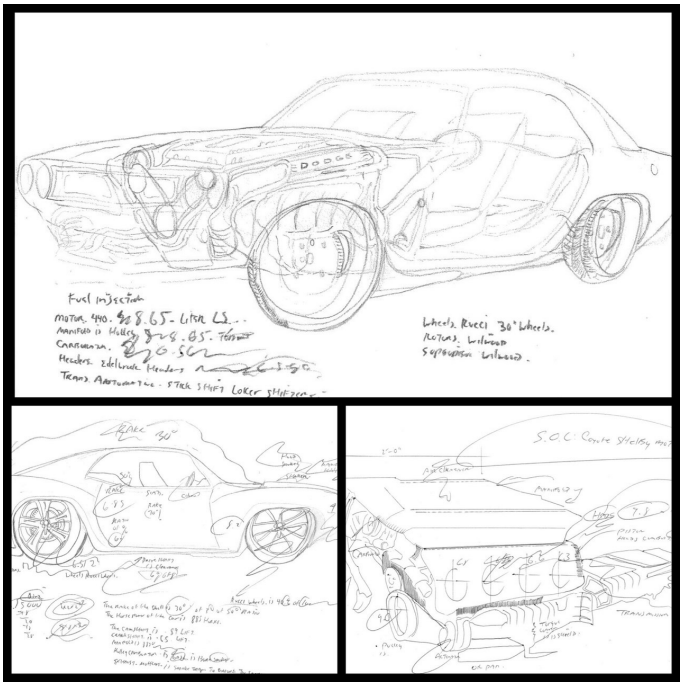
*Please don’t withhold compassion because you think you have it worse.*

Review by Emma H.

# Skills and Talents

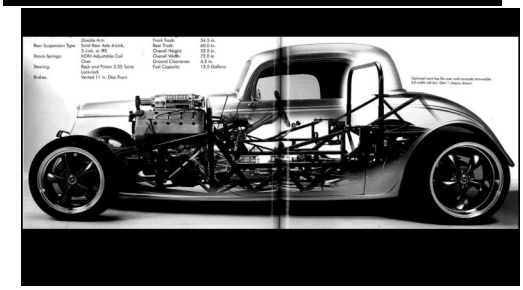
Steve Y. joined Clubhouse Inspiration in December 2021, and has enjoyed sharing some of his skills in the area of artistic design and car building. He is particularly interested in Chavelles, Ford Cobras, Mopars and building kits. The illustrations on this page were drawn freehand by Steve, mirroring images "by heart." Steve eventually wants to go to school to learn more about auto-mechanics, welding and how to work with oxy-acetylene tanks. In the past, Steve has had experience working in a bone yard, a car lot which was filled with muscle cars including Firebirds, Trans Ams, Mopars, old SS Chevy's and some Low Rider Trucks - F150 Fords and Blazers.

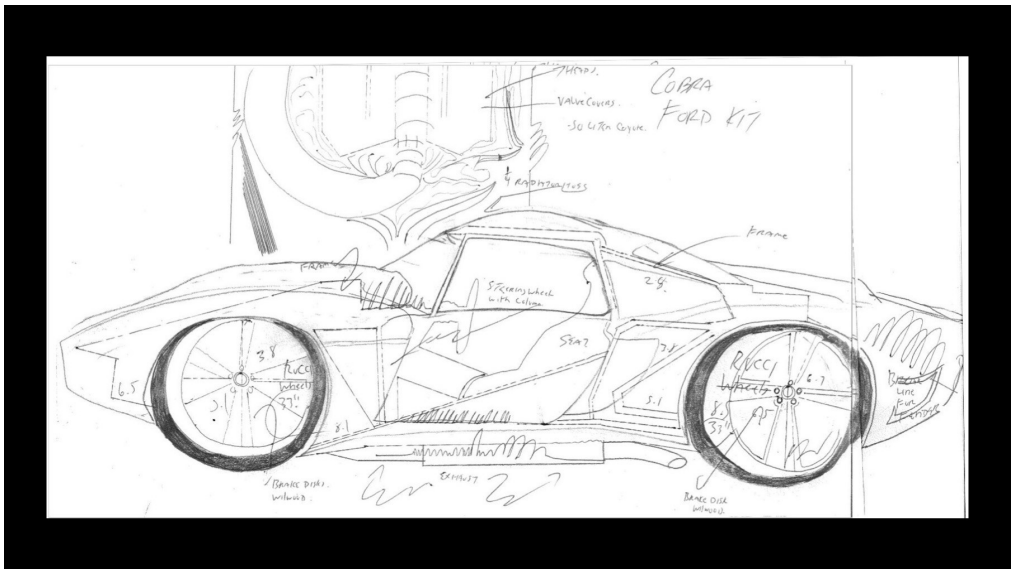


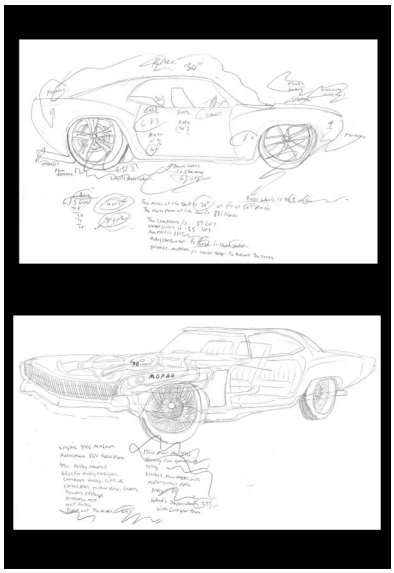


All of those cars were once just a dream in somebody's head...

Quoteswave.com







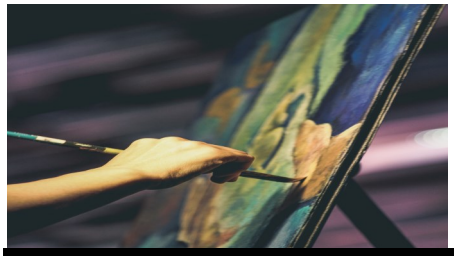
# What's coming up?

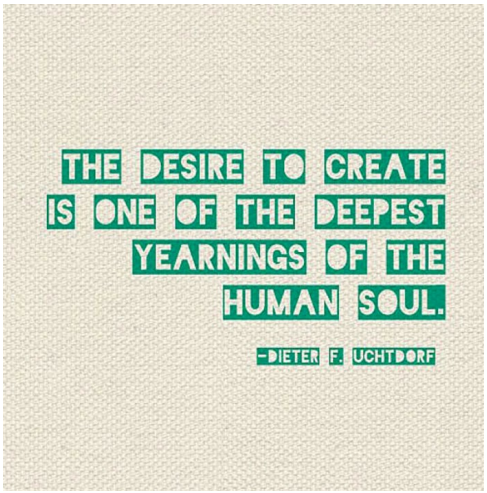
**February 26th**

**The Art Experience**

At Clubhouse Inspiration

$2 per person





**February 14th**

**Valentine's Party**

At Clubhouse Inspiration

2pm-4pm

*The more you praise and celebrate your life, the more there is in life to celebrate.*

*Oprah Winfrey.*

# *February 2022*

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | 1 *General Meeting 1 pm* | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 *General Meeting 1 pm* | 9 | 10 | 11 | 12 |
| 13 | 14 *2pm-4pm Valentine's Party* | 15 *General Meeting 1 pm* | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 *General Meeting 1 pm* | 23 | 24 | 25 | 26 *Event: The Art Experience* |
| 27 | 28 | | | | | |
| | | | | | | |

# Member Contributions

## Fish

# Zebra Turkey fish

Article by:

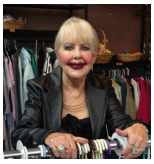
Tabby G

Dendrochirus zebra, known commonly as the zebra turkey fish or zebra lionfish among other vernacular names, is a species of marine fish in the family Scorpaenidae. The zebra turkey fish is widespread throughout the tropical waters of the Indo-West Pacific, including the Red Sea.

## Birthdays to Celebrate

Carl C.
Jan 2nd

Don O
Jan 17th



Diane F
Jan 4th

Bruce B
Jan 30th

Gerard L
Feb 4th

Tabby G.
Feb 8th

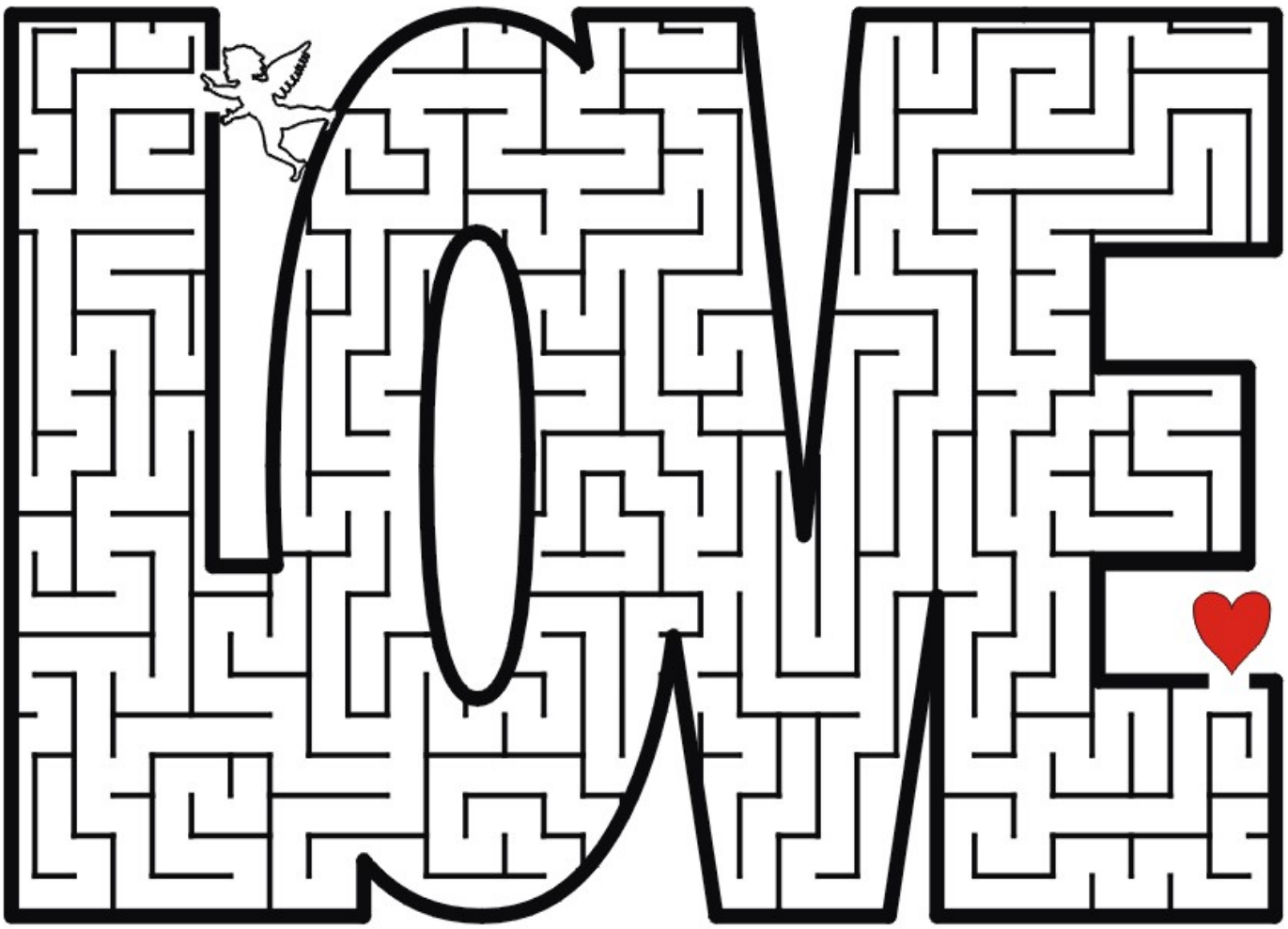
Peter C
Jan 23rd

Lonnie F
Feb 15th

Michael A.
Feb 11th

Jeff E
Feb 9th

# Valentine Maze



# Homemade Hot Chocolate Recipe

## Recipe

- 1.5 cups heavy whipping cream
- 1 14oz can sweetened condensed milk
- 6 cups milk
- 1 teaspoon vanilla
- 2 cups of milk chocolate chips (can also use half semi-sweet)

## Instructions

1. Stir together the whipping cream, milk, vanilla, and chocolate chips in a 5 quart crock pot (if doubling, use a 6-7 quart slow cooker/crock pot).
2. Cover and cook on low for 2 hours, stirring occasionally with whisk, until mixture is hot and chocolate chips are melted.
3. Once it is heated through and chocolate is melted, switch the slow cooker to the warm setting. Stir again before serving. (If you have trouble getting the chocolate to melt, turn to high temporarily).

Garnish individual cups of hot chocolate with whipped cream or marshmallows.

*What toppings do you put on your hot chocolate?*

***The Staff Says….***

*Emma: cocoa powder and cream*

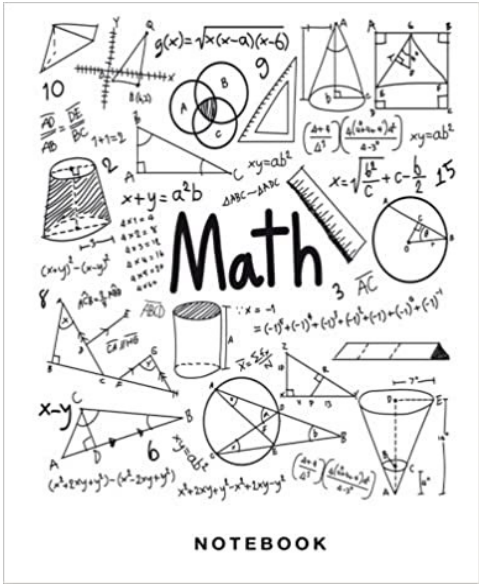
*Kayla: caramel and whipped cream*

*Ashley: cinnamon and marshmallows*

*Trisha: peppermint and whipped cream*

*Cory: with mini-marshmallows*

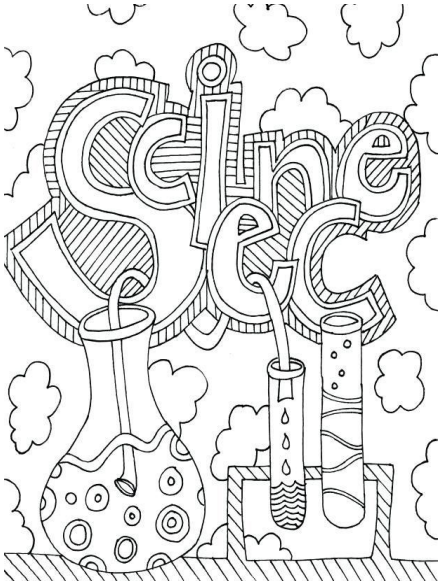
# Skills Groups




We are bringing back in-house education groups!

Are you a member who would like to learn about a specific topic? Can't find one you'd like and want to make a suggestion? We'd love to hear it! Some ideas members and staff have come up with are…

- Cooking
- Crafts
- Mathematics
- Reading
- Writing
- Groups
- Science



# Clubhouse Word Scramble

## Clubhouse Word Scramble

D X L E A R N C O M M U N I T Y S E
W S U P P O R T P E R V E Z Y I X N
O O R K X S I N S P I R A T I O N G
L W R I T I N G W E L L N E S S W A
F J T K T E A M W O R K A O D C Z G
S C L Z C L U B H O U S E N O R F I
K L V L S S R E A D I N G M V X J N
I N D E P E N D E N C E V Z E P K G
L X L E M P O W E R M E N T X W W B
L I D S K M A T H E M A T I C S K U
S C I E N C E C O O K I N G U S L V
B U D G E T E M P L O Y M E N T Z K

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BUDGET
CLUBHOUSE
COMMUNITY
COOKING
DOVE
EMPLOYMENT
EMPOWERMENT
ENGAGING
INDEPENDENCE
INSPIRATION
LEARN
MATHEMATICS
READING
SCIENCE
SKILLS
SUPPORT
TEAMWORK
WELLNESS
WORK
WRITING

Created using Word Search Generator on
Super Teacher Worksheets (www.superteacherworksheets.com)

# Member Spotlight

## Robert L.

Robert L. has been a valued member of Clubhouse Inspiration for the past decade. Because he lives so close to Clubhouse, he walks in every day, and he's almost always the first to arrive. Robert is one of the hardest working and most dedicated of our members, and on the rare occasions he's not present, we miss him terribly.

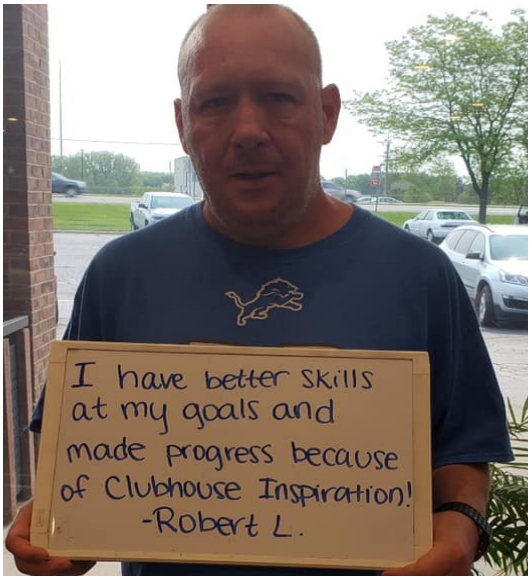
Robert started coming to Clubhouse Inspiration about nine years ago. He lived in a group home but eventually moved in to live with his family that happen to live practically next door.

Robert has worked in both the business and culinary units at Clubhouse, but came to realize he very much prefers culinary. He loves the fact that Clubhouse Inspiration gives him a structure, something to do every day, and it provides socialization with other members and staff.

Robert's interests include going to church, watching movies (especially science fiction and comedy), shopping, and football. He also loves physical exercise and walks every day.

The activities and outings that Clubhouse Inspiration provides have been a favorite aspect of the clubhouse experience for Robert. Currently such activities have been limited due to COVID, but Robert looks forward to participating in future event.

Having Robert as a member of our Clubhouse family has been a true blessing, and we hope to have him with us for many years to come.




# Shout Out!

Recently we received an email from TTI with high accolades for Mike W. who has been working in a janitorial position for the company for a number of years. Mike was praised for his willingness to take on the task of cleaning out a refrigerator which seemed to have been neglected for quite some time. As is his way, Mike took on the job with a positive and uncomplaining attitude, and his usual disarming smile. TTI is as happy to have Mike W. as an employee as we are to have him as a member here at Clubhouse Inspiration!

# In Loving Memory

## Andy Howell

Andrew Gordon Howell, age 64, was a dear and cherished member of the Clubhouse Inspiration Family. Andy, of Holly, MI, passed away on January 16, 2022. He was born on April 21, 1957, in Flint, MI to Clyde Howell and Marlene (Leser) Gould. He grew up in Holly, MI and attended Holly High School. He even lived in St. Ignace, MI for a brief period. He had worked for Andrico's of Fenton, for over 30 years, where he was an excellent employee and cook. He enjoyed fishing, ice fishing, snowmobiling, playing cards and telling a good joke! His greatest joy was his knack for treasure hunting with his metal detector. And he loved to play poker; going as far as to win a seat at a poker tournament in Las Vegas where his service dog, Tater, was by his side. Andy and Tater were inseparable. The two of them are together now forever. Andy will be remembered as a kind, good-hearted and generous father, brother, son, uncle, nephew, cousin and friend.

*"Andy was a quiet and kind person. He mostly kept to himself but I was fortunate to have many fond memories of growing up with Andy in Holly. Playing in the yard by the train tracks on Maple St., Family Christmas parties, him working at the Red Devil in High School, fishing at Mni Lake, burning my calf on his motorcycle and more. As we got older I enjoyed our conversations at gatherings at Fish Lake Yacht Club. Rest in peace with Tater by your side. Love your cousin."*

*-Tracy*

# In Our Hearts Forever

## Ted Laek

Ted spent much of his life heavily engaged in his church and its institutions such as seminaries, and he intended to be a priest at one point. His spirituality continued to be an important part of his life. Ted was very intelligent and enjoyed intellectual pursuits and sharing his thoughts with those who were interested in such things. He was very interested in science as well and liked to discuss his knowledge in this area. Ted had a passion for fixing things. He enjoyed fixing old televisions especially and watching "classic" television. He spent much of his time working on and around his family's home. He dedicated most of his income to improving his and his family home. Ted lived in the home he grew up in and spoke of the homes around his and how many of his neighbor's homes used to belong to his family. He enjoyed recounting how his father worked in a small shop on his neighbor's property. He enjoyed reminiscing about being with his family and would share stories about his family and the homes and building which he grew up in. Ted was very attached to his home and community in Auburn Hills and was well regarded by all. He spent a lot of time at his local hardware store and was kindly regarded by the staff. Ted was associated with Clubhouse for many years. Ted is remembered as being an extremely caring individual whose kindness made an impression on all those he encountered. He will forever be thought of as someone who was always ready to share a conversation and kind word.

## Saint Patrick's Day

**Spring has sprung. It is my favorite time of year…**

**Time to celebrate my heritage…**

**The magic country which is Ireland…**

**Be sure to wear green and celebrate the Irish, which is in everyone…**

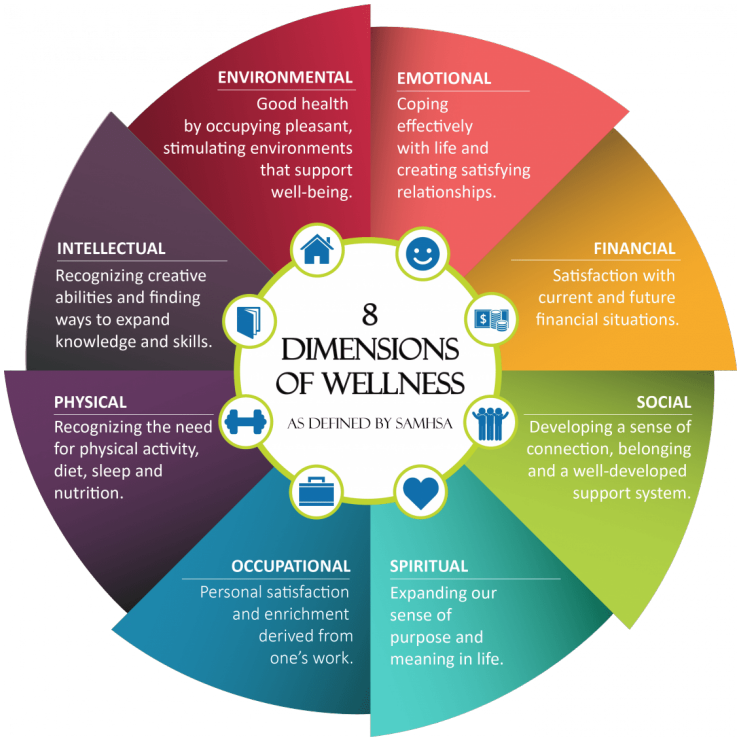
**Look at my Celtic knot tattoo and play some James Galway…**

**I love my Celtic heritage. Blessed be and make it yours. Peace be with you, love, Leoscript…**

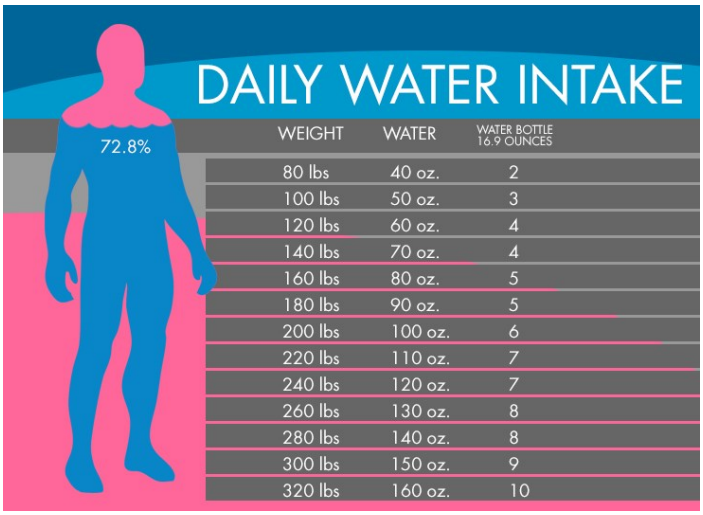
**Poem by John Y.**

# What About Wellness?

We all have heard about wellness, but what actually is it? Wellness is defined as: "the state of being in good health, especially as an actively pursued goal. The difference between health and wellness is uncommonly known. Health is defined as: "the state of being free from illness or injury". So… what's the difference? Wellness refers to all of you: your body, emotions, intellect but also considers factors outside of you such as: feeling connected to your community, financial situation, how you like your job if you're working, and one's purpose. Next time you think about goals for yourself, let's dive deeper for ways to make it happen.




# Help with Hydration




If you ask anyone if they drink enough water, chances are they will say they don't think they do—that's okay, because when we recognize a behavior, we can change it to make ourselves better!

Generally, the 4—6 cup rule rings true. Everyone is different and every day can change a little as well. There is a chance to consume too much water with certain health conditions that your doctor can warn you of. To avoid dehydration, create a habit of having water close by, drinking with each meal and when you take medicine.

You can also get fluids from water-rich foods like melons, pineapples, peaches, bell peppers, broccoli, celery, applesauce, cucumber, tomatoes, and even more!

The first step towards change is.. Realizing something needs to change! Always consult your doctor for specific medical advice. At Clubhouse, we work to make sure our meals are nutrient dense and we love to hear suggestions for meals!

# Valentine Trivia

1. When did Sweethearts first get their shape?
2. When was the oldest-known Valentine's Day message written?
3. Who invented the first Valentine's Day candy box?
4. On average, how many marriage proposals are there on every Valentine's Day?
5. What do yellow roses symbolize?
6. How many heart-shaped boxes of chocolates are typically sold each Valentine's Day?
7. How many people typically buy Valentines for their pets?
8. What major invention was patented on Valentine's Day?
9. What is the Guinness World Record for the longest marriage ever recorded?
10. William Shakespeare mentions Valentine's Day in which of his plays?

We've all heard about penguins giving pebbles to their potential mates in hopes they will choose them back. These stones also line hollows in the ground to protect the eggs. This courtship gift doubles as a way to protect their babies! Some areas can flood from the melting snow and the stones help keep the eggs safe.

Other penguins, like the male Adélies, are the nest builders. This species has been known to steal stones from others in order to build the most impressive nest for their mate.

So although the stones aren't just a symbol of courtship and a way to help keep their babies safe, it's adorable to read about animals and their mating habits!

## Trivia Answers

1. 1901
2. 1415
3. Richard Cadbury
4. 220,000
5. Friendship
6. 35 million
7. 9 million
8. Telephone
9. 86 years, 290 days
10. Hamlet

Clubhouse Inspiration

*Clubhouse Inspiration is a community of people working together for a common goal, offering people living with mental illness hope and opportunities to reach their full potential. We operate on proven standards which have been developed by Clubhouse International over two decades which are effective in over 320 clubhouses worldwide. The basic components of successful clubhouses are the work-ordered day, employment programs, evening, weekend, and holiday activities, community support, outreach, education programs, and self-governance. You can now follow Clubhouse Inspiration on Facebook and Instagram.*

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