

August 2024

Oxford, Michigan

# Clubhouse Inspiration

# Clubhouse Chronicle



## Farewell Brian!

Exciting news! Our talented generalist, Brian, is embarking on a new adventure... he's heading back to school to pursue a degree in social work. Soon to be a proud Grizzly at Oakland University, Brian is taking a bold step to further his education and amplify his impact on people's lives. While we'll miss his presence dearly, we couldn't be more proud of his commitment to growth and service.

We're eagerly anticipating all the amazing things he'll achieve. Best of luck, Brian... go show them what you're made of!

### Table of Contents

Meet Our Staff	2	Birthday Celebration	9
Let's Talk Music	3	Movie Review	10
4th Of July Picnic	4	Lunch Menu	12
You Make A Difference	5	We're Hiring	13
Reggie's Math Page	6	Word Search Puzzle	14
Did You Know?	7	Red Knapp's	15
August Recipe	8	Member Collage	16

Accredited  
Since  
1998

Clubhouse International



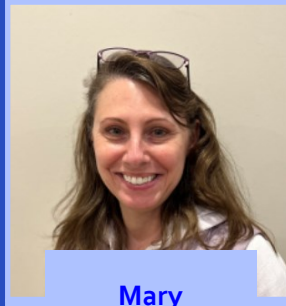
ACCREDITED

# Meet Our Staff



**Kayla**

Kayla Waple has been a generalist since December 2021, and we're thrilled to have her. She became Acting Director in February, 2023. She brings a ton of enthusiasm into our community and is one of the sweetest personalities you'll ever meet.



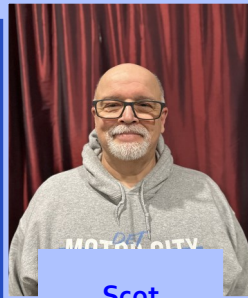
**Mary**

Mary R was a case manager support specialist at TTI but now works at Clubhouse as a full-time generalist. Mary is known for her sincerity and compassion and is loved and cherished by CHI members.



**Matt**

Matt Adams has worked for TTI, our auspice agency for nearly two decades. He worked as a generalist at Clubhouse for several years then became a full-time driver at TTI. Starting this month, he's back as a full-time generalist. (Where he belongs!)



**Scot**

Scot Bruce became a valuable addition to our team as a part-time driver in November 2023. Scot brings with him a wealth of experience and a delightful sense of humor. His easy-going nature has quickly endeared him to all of us, and we eagerly anticipate the joy and laughter he brings every time he picks us up for the clubhouse.

"Let us live like flowers—wild and beautiful and drenched in sun." - Ellen Everett

# Let's Talk Music

## Rainbow

Rainbow is a rock band started in 1975 by Ritchie Blackmore, who used to play guitar for Deep Purple. The band's music mixes hard rock with catchy melodies. They had different singers over the years, like Ronnie James Dio and Joe Lynn Turner, which changed their sound a bit.

In the early years, their songs had a fantasy feel, but later they made more radio-friendly rock hits like "Since You Been Gone." The band broke up in 1984 when Blackmore went back to Deep Purple but got back together a few times later on. Rainbow is known for being an important and influential rock band.



JoJo H has been a member of Club-house Inspiration since 2016 and is passionate about music and music history. He creates this column to bring awareness of a wide variety of musical genres to our members and friends.



# 4th of July Picnic



# You Make A Difference Craft

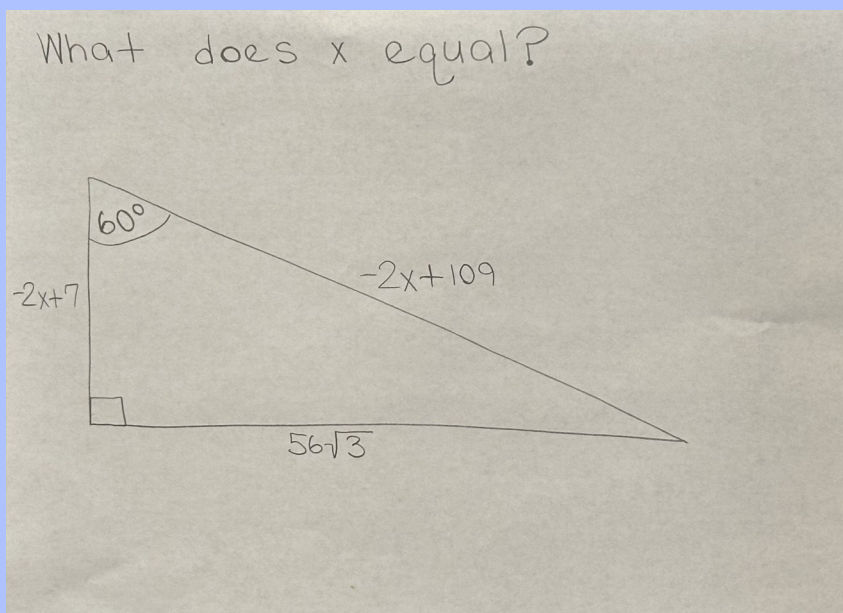
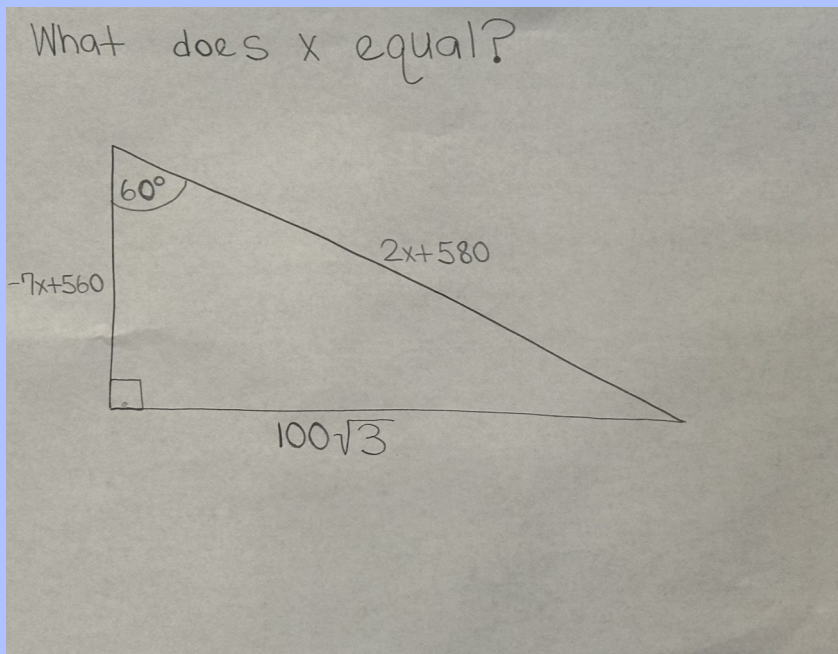
On August 1st, our wonderful member Claudia hosted an enchanting social event that brought us all together. With meticulous care and creativity, Claudia handcrafted each star and letter, infusing them with a personal touch. The highlight of the evening was when we each got to decorate a star, adding our own words of encouragement or beautiful illustrations. These unique stars now grace a board near our front door, serving as a daily source of inspiration and a reminder of our shared community spirit.



# Reggie's Math Page

Reggie has been an integral part of Clubhouse Inspiration since 2018, contributing a unique and intellectually engaging element to the community. His passion lies in crafting intricate and challenging math equations, providing both staff and members with a delightful puzzle-solving experience. Reggie's mathematical ability has become a defining feature of Clubhouse Inspiration, fostering a sense of friendship and shared intellectual enjoyment among its members. His ability to turn math into a source of amusement and camaraderie highlights the diverse ways in which individuals contribute to the unique tapestry of the clubhouse community.

## Can You Solve His Math Equations?



# Did You Know?

## AUGUST HAS SEVERAL FUN AND QUIRKY HOLIDAYS. HERE ARE SOME TO ENJOY:

**NATIONAL WATERMELON DAY (AUGUST 3):** A DAY DEDICATED TO ENJOYING ONE OF SUMMER'S MOST REFRESHING FRUITS. PERFECT FOR A PICNIC OR A WATERMELON-EATING CONTEST!

**NATIONAL LIGHTHOUSE DAY (AUGUST 7):** CELEBRATE THESE ICONIC BEACONS OF LIGHT AND LEARN ABOUT THEIR HISTORY AND IMPORTANCE IN MARITIME NAVIGATION. VISITING A LIGHTHOUSE CAN BE A GREAT FAMILY OUTING.

**INTERNATIONAL CAT DAY (AUGUST 8):** A PURR-FECT DAY FOR CAT LOVERS TO CELEBRATE THEIR FELINE FRIENDS. IT'S A GREAT TIME TO SPOIL YOUR CAT WITH EXTRA TREATS AND TOYS.

**NATIONAL S'MORES DAY (AUGUST 10):** ENJOY MAKING AND EATING THIS CLASSIC CAMPFIRE TREAT. GATHER AROUND A BONFIRE WITH FRIENDS OR FAMILY TO MAKE S'MORES WITH GRAHAM CRACKERS, CHOCOLATE, AND MARSHMALLOWS.

**LEFT-HANDERS DAY (AUGUST 13):** A DAY TO CELEBRATE THE UNIQUENESS OF LEFT-HANDED PEOPLE. IF YOU'RE LEFT-HANDED, IT'S YOUR DAY TO SHINE AND MAYBE CHALLENGE YOUR RIGHT-HANDED FRIENDS TO TRY DOING THINGS WITH THEIR LEFT HAND.

**NATIONAL RELAXATION DAY (AUGUST 15):** A PERFECT EXCUSE TO TAKE IT EASY, RELAX, AND RECHARGE. WHETHER IT'S LOUNGING BY THE POOL, READING A BOOK, OR TAKING A NAP, MAKE SURE TO TAKE SOME TIME FOR YOURSELF.

**NATIONAL DOG DAY (AUGUST 26):** A DAY TO CELEBRATE AND SPOIL OUR CANINE COMPANIONS. IT'S ALSO A GREAT DAY TO CONSIDER ADOPTING A DOG FROM A SHELTER.

**JUST BECAUSE DAY (AUGUST 27):** A WHIMSICAL HOLIDAY THAT ENCOURAGES DOING SOMETHING UNEXPECTED OR OUT OF THE ORDINARY JUST BECAUSE. IT'S A DAY TO EMBRACE SPONTANEITY AND SURPRISE SOMEONE WITH A KIND GESTURE.

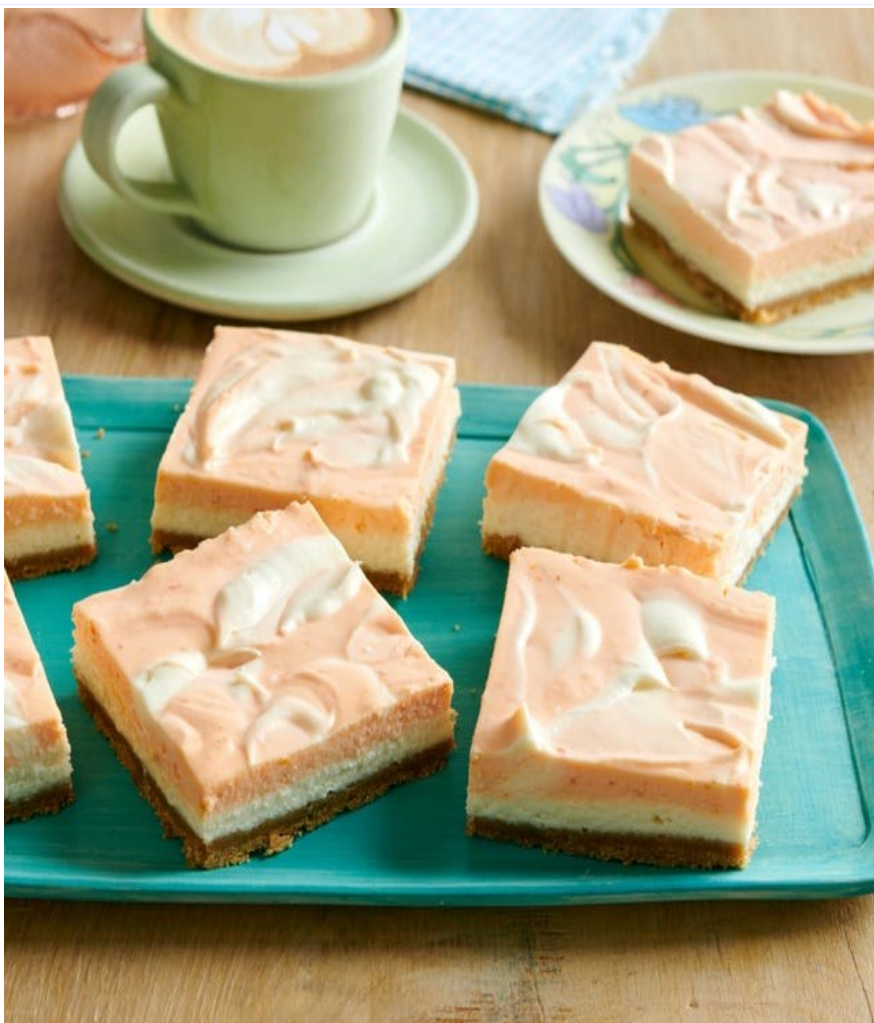
# No-Bake Orange-Vanilla Cheesecake Bars

## Ingredients

- 16 graham crackers
- 2 Tbsp. granulated sugar
- 1 stick salted butter, melted
- 3 8-ounce packages cream cheese, at room temperature
- 1 1/2 c. powdered sugar
- 1 1/2 c. heavy cream
- 2 tsp. grated orange zest
- 1 Tbsp. fresh orange juice
- 1/2 tsp. orange extract
- 1 drop each red and yellow food color
- 1/2 tsp. vanilla extract

## Directions

- Line a 9-by-13-inch baking dish with parchment paper, leaving an overhang. Put the graham crackers and granulated sugar in a food processor and process until finely ground. With the motor running, slowly pour in the melted butter and process until the mixture is the texture of coarse sand. Transfer to the baking dish. Using a measuring cup, press the crumbs into the bottom of the pan in an even layer. Place in the freezer for 20 minutes.
- Beat the cream cheese in a stand mixer fitted with the paddle attachment until smooth. Scrape down the sides of the bowl, then add the powdered sugar and beat until very smooth, scraping the sides and bottom of the bowl as needed. Transfer to a large bowl.
- Add the heavy cream to the empty mixer bowl. Beat with the whisk attachment on medium-high speed until stiff peaks form, 3 to 4 minutes. Add one-third of the whipped cream to the cream cheese mixture and gently fold with a rubber spatula until completely combined. Add the remaining whipped cream and continue to gently fold until completely combined.
- Transfer half of the cheesecake mixture to a separate bowl. Add the orange zest, juice and extract and the food coloring to one bowl. Stir gently until just combined. Add the vanilla extract to the other bowl and stir gently to combine.
- Remove the crust from the freezer and add the vanilla cheesecake batter. Top with the orange cheesecake batter and gently smooth into an even layer. Swirl with a toothpick or skewer. Cover with plastic wrap and refrigerate until set, at least 6 hours or up to overnight. Loosen the cheesecake from the pan and cut into squares.





# Birthday Celebration



Barry C.  
8/14



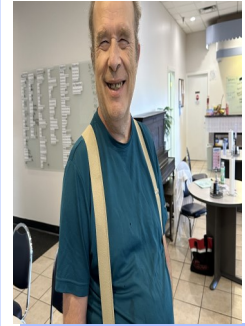
Rhen C.  
8/18



Doug S.  
8/22



Troy S.  
8/27



John S.  
8/27

Clubhouse Inspiration celebrates and acknowledges the birthdays of our valued members and staff every second Thursday of the month with a special Birthday Celebration! As part of this tradition, each member is presented with a personalized birthday card and a special birthday coupon that can be redeemed for lunch or a snack bar item.



# Movie Review

## The Bikeriders

Movie review by Wendy Hutchins.

This movie takes place during the 1950's in California. It originated from a Marion Brando movie. They

use to do bike races so they decided to be a club after they watched the movie. They were called the

vandals. The characters get into lots of fights. The lead character likes a girl in this movie who is afraid

of bikers. Later on in the movie she grows to like them. I really liked the movie. It has a lot of action

and a little love story in it. They had other chapters around the world in real life this movie is based on a true story.



# Yoga In The Park

This summer a few of our members attended TTI's "Yoga In The Park." It was hosted by their yoga instructor, Mary, and one of their therapists, Lisa. They all were able to learn different breathing techniques to ease their minds and relax. They ended their yoga session with a yummy snack and stroll along the Clinton River.



# Lunch Menu

## August 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

**1** 3 Cheese Grilled  
Cheese



**2** Chicken Nuggets  
and Fries



**5** Fish Sandwich and  
Tots



**6** Cheeseburger  
and Onion Rings



**7** Chocolate  
Chip Pancakes



**8** Sloppy Joes w/  
curly fries



**9** BLT Subs



**12** Egg Salad  
Sandwich



**13** Wet Chicken  
Burritos



**14** Frozen Pizza



**15** Sausage  
and Potato Salad



**16** Chili Cheese  
Fries



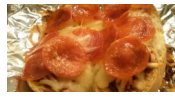
**19** Blueberry  
Waffles



**20** Chicken  
Alfredo



**21** Pizza Sub



**22** Hot Dogs



**23** Taco Salad



**26** Mcchicken



**27** Snappy  
Joes



**28** Chicken  
Caesar Salad



**29** Goulash



**30** Beef Nachos



# We Are Hiring!

## We are hiring for two positions!

### **Clubhouse Generalist (2 Openings):**

This person will be working with members at the clubhouse on seeking abilities and strengths in individuals and work toward recovery through meaningful activities. She/he will also be working side by side with members in order to engage and participate in a “work ordered day”. He/ She will assist in leading and organizing the business and culinary unit in order to engage members in running of the clubhouse. She/he will also be responsible for creating, linking and monitoring employment opportunities for the Clubhouse members. This person will be in the community meeting with employers in order to establish relationships and gain transitional and supported employment positions with the agencies. He/ She will be working with members at the clubhouse on resume building, application submissions, and employment skill enhancing tasks. She/he will also be co-leading education groups for the betterment of the Clubhouse members as well as assisting with educational situations in order to obtain educational opportunities for the Clubhouse members. This person will help with transporting members to and from the clubhouse and help with transporting members to employment positions. Bachelor’s degree in social work or mental health related field preferred, HS diploma/ GED required. Must be willing to obtain a chauffeur’s license. Must be willing to work some holidays and some weekends. This is a 40 hour position, 4- 10 hour days, M-F.

### **Clubhouse Afternoon Driver:**

This person will help provide transportation to consumers as needed and identified in the person-centered plan of service. Coordinate transportation schedules according to consumer/program needs, assist team members in the efficient operation of the program, participate in vehicle maintenance and joins in monitoring service outcomes. Must have basic computer knowledge. Experience working with mental health consumers is preferred. A valid Michigan chauffeur’s license, excellent driving record, auto insurance and registration are required. This position is M-F 1pm-5pm.

email resumes to: [jobs@ttiinc.org](mailto:jobs@ttiinc.org)



# Red Knapp's

This month, we had a fun trip to downtown Oxford. We all decided to have an early dinner at Red Knapp's. We ate pizza, burgers, and fries. It was tasty and we had a great time!



# 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.*

---

# Clubhouse Inspiration

1350 S Lapeer Road  
Oxford , MI 48371

Phone: 248-969-9375

Email:

[clubhouseinspiration@gmail.com](mailto:clubhouseinspiration@gmail.com)