

THE BAYSIDE BULLETIN

BAYSIDE CLUBHOUSE MONTHLY NEWSLETTER

March 2024

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MARCH BIRTHDAYS

Florentino Garcia
3/1

Suzveen Mazouri
3/2

Derrick Jackson
3/9

Charles Mitchell
3/15



WELCOME TO BAYSIDE!

3/1/24

Bayside Clubhouse, of Saginaw, MI, is dedicated to assisting the rehabilitation of members recovering from the effects of serious and persistent mental illness so that they may lead vocationally productive and socially satisfying lives in the community. This newsletter, "The Bayside Bulletin" outlines some of the activities and events that take place at Bayside Clubhouse while also updating members with new information that is relevant to their time here. We look forward to member's involvement as readers and creators of the newsletter here at Bayside Clubhouse!



BLACK HISTORY MONTH

2/1/24



Suzveen and Stacie worked on the trifold board for Black History Month. It has information about the colors representing the holiday as well as the theme for this year's Black History Month which is "African Americans and the Arts".

February 20th Bayside Clubhouse celebrated Black History Month with a soul food lunch! Stacie spearheaded the lunch, which consisted of fried chicken, black eyed peas & rice, baked macaroni & cheese, and sweet potato pie. The turnout for this lunch was impressive, and everyone really enjoyed the delicious food!



VALENTINE'S DAY

2/14/24

Valentine's day was celebrated early at Bayside Clubhouse with a cookie decorating activity lead by Steph. Members enjoyed dinner and cookie decorating for \$6.

Derrick said that he "liked making cookies" and "socializing" with his fellow members. It seems like the event was a hit with the members!



TE BREAKFAST CELEBRATION

2/13/24



OUR CELEBRATED MEMBERS

During this specific celebration we all congratulated Kim, Joe and Amanda who were all ending or starting a TE placement. Everyone was welcome to attend the breakfast and join us in celebration of their fellow members.



WHAT IS A TE?

“TE” stands for “Transitional Employment” which is a system in place at Bayside Clubhouse that allows for members to become employed through a collaboration between Bayside and local businesses in the community.

It is a wonderful opportunity for members to gain a form of employment with assistance from Bayside (such as transportation).



WHAT WE ATE!

Members enjoyed egg scramble, sausage, hashbrowns, orange juice, milk, and various pastries during the event. We hope to see everyone at our next TE celebration as well!

HEALTHY LIVING STYLES BOARD

2/1/24



CREATION

Stephanie and Marion worked together on the "Healthy Living Styles" board to provide members the resources they need to lead healthy lifestyles.

The board is filled with information about healthy eating habits. There are also folders on the board with print-outs for members to take. The print-outs consist of different recipes, meal plans, challenge sheets, and informational handouts.

There is a lot of useful information, feel free to check out the board for yourself!



PURPOSE

This board will give members important information about healthy living styles that they can implement in their own lives, as well as provide resources that they can easily utilize in their daily activities.

BAYSIDE BIGGEST LOSER

2/14/24

COMPETITION INFORMATION

The Bayside Biggest Loser competition has started again! It is a great time to try and work on your fitness goals through Bayside!

This competition will run from February 14th to April 10th. There will be weekly weigh-ins facilitated by Tracey every Wellness Wednesday. The member with the highest percentage of weight loss will win a customized healthy snack box!

In order to win the prize participants must weigh in three weeks per month. Even if you can't win the prize, it is a good opportunity to get some more exercise for those who would like to try it out.



LAST COMPETITION'S WINNER

Last competition's winner, Amanda, is participating in the competition again this time around. When asked how she felt about winning last time, she said that she felt "accomplished" and "proud". When asked how she accomplished her goal, she said she "drank more water and ate smaller portions". Good luck to all Bayside Biggest Loser participants!

GAME NIGHT

2/20/24



We had a full house for our last game night here at Bayside. A variety of games were played, such as Jenga and Cards Against Humanity. Some members were even spotted playing video games on their own devices.

This activity was very popular, so much so that during the last activity meeting it was voted on again by the members. Make sure to look out for the sign-up sheet for the next game night we have!

It was the first time Joe came to a game night and he "had a blast". He mentioned that he never really does activities but he had a great time playing Cards against Humanity and Jenga with his fellow members.

The members also had dinner lead by Geoff, which consisted of tacos, refried beans, and chips. Joe thought that the deep fried tacos were "great". All of the members who attended seemed to love the fried tacos!

The next game night is on March 7th with Josh S. and it will cost \$7.

