

# The Bayside Bulletin

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- In-depth story with Bayside Generalist Tracey, who is celebrating her 10th anniversary at Bayside
- Wellness in Snacking: A calorie count of your favorite snack foods.

Bayside Clubhouse Monthly Newsletter

## DRIVE FOR MEMBERSHIP: CLUBHOUSE TOUR GETS FACELIFT

### **Bayside Bulletin Staff**

The Covid-19 pandemic has changed everyday life all around the world for more than two years now.

We have had to adjust everything, from the way we shop for groceries, how we go out to eat and even how many family members can come over for holiday parties.

Bayside Clubhouse was not immune to the hurdles the pandemic has caused.

Average daily attendance was strong with 25 to 30 members before a shutdown in early 2020 upended the Clubhouse's routines.

With strong emphasis on getting vaccinated and a mask mandate, along with extra protocols on sanitizing and maintaining a very clean environment at Bayside, the average attendance has dipped to 15 or fewer on most days.

"With 30 plus people, it's easier to get the many jobs and tasks we have to do here at Bayside," Clubhouse member Matt Ja. said.



**ABOVE: Members Chris, MacKenzie and Sierra work with Clubhouse Director Jim Nesbit on the revamped Tours.**

"We rely on each other and working side-by-side with staff. But when we only have 10 or 15 people, it makes it difficult to get everything done."

Bayside Clubhouse Director Jim Nesbit has been proactive in trying to build membership back up. He's used his resources in the Mental Health Community to gather referrals and to show local case managers how much of a benefit the clubhouse model can be for consumers.

And once those con-

sumers step foot through the door, it's Bayside Clubhouse members duty to sell the program on everything we can offer.

That's why Jim has completely retooled tours with a Clubhouse Tour Committee.

"When you talk about front door quality, that first impression is all about quality," Jim said. "It is important that we provide a clear and concise message when they come through the door on what Bayside is all about. (CONTINUED ON PAGE 2)

## CONT: BAYSIDE REVAMPS ITS TOURS TO INCREASE MEMBERSHIP



**ABOVE: Members MacKenzie, left, and Chris, right, work on the greeting part of giving a proper tour of the Bayside Clubhouse while Director Jim Nesbit, center, gives out pointers. The front desk area is where our tour directors meet potential members and case managers to take them on a tour to showcase all that our program has to offer.**

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"We are very clear on what they can achieve, our needs as Bayside members and how the community itself has come together to help everybody achieve their goals."

The Clubhouse Tour Committee was formed to change the philosophy of the message for tours and for members to sharpen their skills on tours. Instead of just pointing at different sections of the clubhouse without much substance, Jim has refocused the efforts toward the philosophy of Clubhouse.

There is extra emphasis on the types of working relationships between staff and members and member-to-member relationships at Clubhouse. Tour leaders talk about various goals the consumers may have, the importance of the IPOS and how it relates to Clubhouse.

A productive tour can make or break the decision a consumer would have on becoming a member.

"I was shy when I came here with my case manager," Bayside member Marion remembers.

"The tour really enlightened me on what could happen in the future for me and how it could benefit me and my goals. And now a lot of things have changed in my life."

A more robust and diverse Clubhouse is also helpful when it comes to socialization between the members. Different perspectives and experiences make for an overall better program here at Bayside. And with it are more opportunities.

"These tours are important because we can show potential members how the Work Order Day would help them in their goals and aspirations," Bayside member Derrick said.

"The more people we get in, the more opportunities we can create in (Transitional Employment) positions and other employment positions."

After two years of limiting appearances in public and the many restrictions caused by the pandemic, members believe Bayside Clubhouse has a wealth of opportunities for consumers looking to improve their mental health and everyday living.

"(On these tours) we can explain to these consumers that this could be a life changing opportunity," longtime Bayside member Harry said.

"You can learn new things here, look toward the future and really change your perspective after this pandemic." □



# CATCHING UP WITH NEW MEMBERS



**Christina**



**Malcolm**



**Maddie**

## **Bayside Bulletin**

With a drive to welcome new members to Bayside Clubhouse, we sat down with three of our newest members to find out more about them and why they chose to come to Bayside.

**QUESTION 1:** What made you decide to become a member of Bayside?

**Malcolm:** For a career. I was in a school like this, classroom for mental health and wasn't taking it seriously, playing around. This is a second opportunity for me and I want to use it to find a job.

**Maddie:** So I can get help to find a job and seek employment.

**Christina:** Hopefully to get into college and find a job. Use Bayside to work on some of my personal goals.

**QUESTION 2:** What do you like so far about Bayside?

**Malcolm:** They give me opportunities to grow and give me the freedom to pick what unit I wanted to be in, business and culinary.

**Maddie:** That they are open and helpful for me in my transition from male to female.

**Christina:** My attitude has changed since when I was last a member. It makes for a better experience for me.

**QUESTION 3:** What type of social activity would you like to be part of?

**Malcolm:** It would be helpful to socialize. This program helps me open up to others. So I'd be down for any activity. White Pine helped me change and to open up a bit.

**Maddie:** I think going to Snow Fest is going to be awesome. I like the socializing with members. This is my first one outside, so I'm excited.

**Christina:** I like to talk to people without my phone. Gives me an opportunity to communicate with people face to face. That helps.

**QUESTION 4:** What was your experience like on your first day?

**Malcolm:** It was helpful. I've really loosened up over the years to new groups and programs so I came in ready for the experience.

**Maddie:** It was OK. I was nervous but having Matt Ja. As a best friend and telling me about Bayside helped. Everyone was so helpful here that I instantly felt more nervous.

**Christina:** I was sick with nerves coming in. Lots of anxiety. After that, I felt a lot better. It felt like I could of made mistakes like I did the last time I was a member but I realized I've changed.

**QUESTION 5:** Tell us something interesting about yourself?

**Malcolm:** I have a few things. I really like to study the weather, meteorology. Chasing storms and tornadoes. I want to take that serious as a possible career.

**Maddie:** I travel across the country as an ice hockey official. And now coming out as a female. I also coach high school football.

**Christina:** I like to listen to music and dance. I really like international dancing. □

# A SUPER BOWL BASH!!

**Matt Ja.**  
**Bayside Bulletin**

Due to the Covid-19 pandemic, Bayside Clubhouse discontinued weekend activities for two years.

That all changed in February when Bayside Clubhouse Staff Generalist Tracey gathered 12 members for a Super Bowl Party at Bayside on Sunday, February 13.

Tables were covered with football field tablecloths, football foam stressballs, a "Go Team" streamer and football themed cupcakes, cups and paper plates.

Football is about the food and Bayside's spread did not disappoint. In addition to PubMix munchies filled with pretzels, cheese puffs and such, appetizers like Barbecue Cocktail Weenies, Meatballs, Taquitos and Mozzarella Sticks were a smashing hit.

"The food was really good," Lesia said. "There were was sour cream onion dip and overall, a whole lot of food."

"Harry and me really liked the cupcakes!"

Members enjoyed the theme that Tracey provided for the party. She picked up members starting at 4 p.m. and the group watched the pre-game show, the National Anthem and the game.

"It gave me a good opportunity to hang out with my friends and enjoy all the good food," MacKenzie said. "Watching the game with like minded people who were into this game was really cool."

The Los Angeles Rams defeated the Cincinnati Bengals 23-20 on that Sunday as former Detroit Lions quarterback Matthew Stafford conducted a final drive to complete the victory for the Rams.

"I was rooting for Los Angeles," Derrick said. "It was very interesting to watch the game with the members. It was interesting to see their different likes in a game and to experience it watching on the big TV at Bayside."

"I have been to Super Bowl par-



ties in the past, but this time I was with peers where some really liked the sport and others who used it as an opportunity to get out of the house, interact with other people and work on their socialization skills in a different setting."

While the group was split on who they were rooting for to win the game, some were pulling for Stafford to win something that the Detroit Lions have never achieved.

"As long as Stafford got to win a Super Bowl, I was happy," Joe O

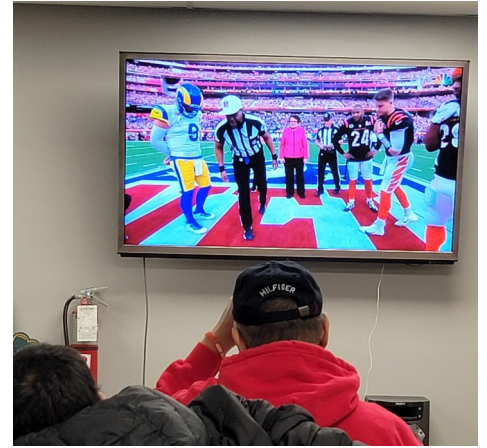
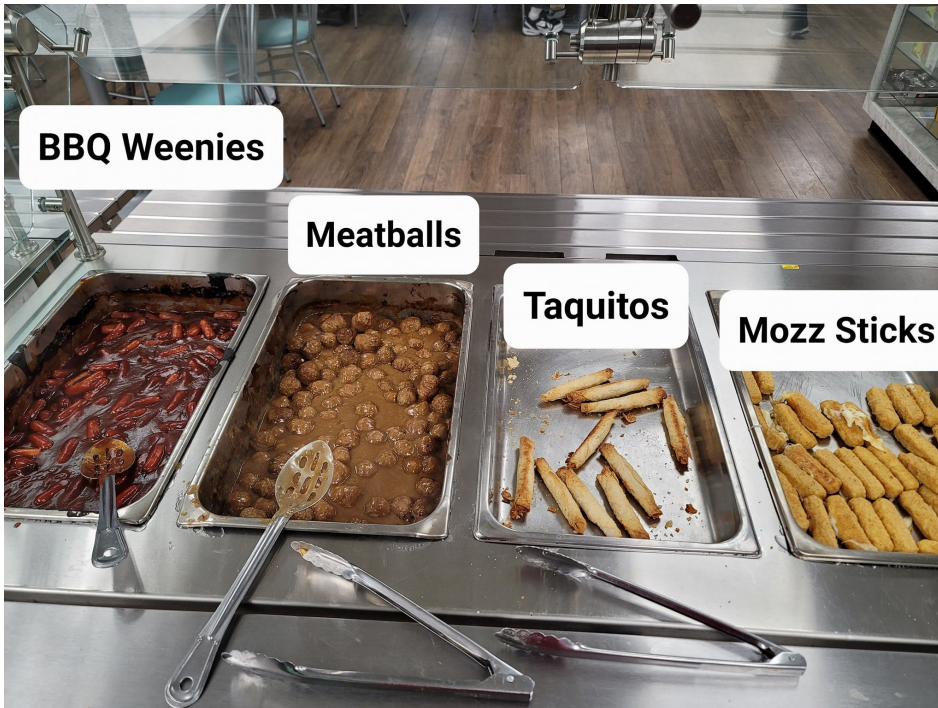
said. "He's a former Lions quarterback and I felt like he really deserved it."

Another big highlight for the group was the Pepsi Halftime Show, which featured 1990s/2000s Hip Hop Stars Dr. Dre, Snoop Doggy Dogg, Eminem, 50 Cent, Kendrick Lamar and Mary J. Blige.

"The halftime show was OK, it was definitely different," Jennifer said. "I liked the surprise of having special guests show up like 50 Cent."  
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# A SUPER BOWL BASH!!



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"I liked to watch Mary J. Blige because of the energy that she had with her dancing and I really liked her outfit. It was a great day and night and a lot of fun. I was glad I could come because I just would have been home alone doing nothing. I enjoyed the socialization of it."

Harry was happy that his team won. He also enjoyed the halftime show.

"Halftime rocked," Harry said. "I like Dr. Dre and Snoop's the man."

"I enjoyed being with my fellow members. Enjoyed the time and I plan on doing it again."

Members were picked up at 4 p.m. and the party ended at the conclusion of the Halftime Show. The activity went smooth and is always a good time when members help in the fun.

"I took over for Tracey because she wanted to watch the Halftime show and I'm really interested in the game," Joe O. said.

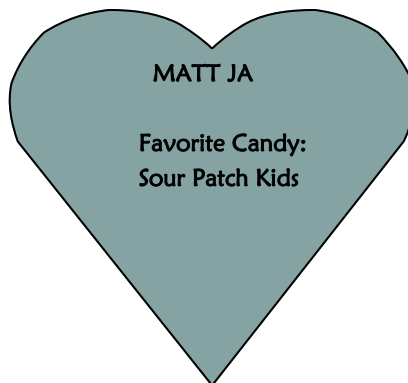
"So I washed some dishes,

cleaned out the hot wells and got things ready for Monday's Work Order Day."

Bayside Clubhouse is back to four activities a month, including the Employment Dinner for members who have Transitional Employment, Supported Employment and Independent Employment.

Saturday/Sunday activities are also back and input from members for these activities are needed. See page 8 for a form to submit your ideas. □

# FAVORITE VALENTINE'S DAY SWEETS





## BAYSIDE CLUBHOUSE BULLETIN INTERVIEWS STAFF MEMBERS: CATCHING UP WITH BRIAN

### **Bayside Bulletin**

This is a continued series of stories where the Bayside Bulletin writers come up with questions for the Bayside Clubhouse staff.

Late last year we interviewed staff generalist Josh Story about his job here at Bayside and his talents as a musician.

In our last edition, we sat down with Bayside Clubhouse Director Jim Nesbit on his vision and the future of Bayside.

This month we caught up with Bayside Clubhouse Generalist Brian Suchocki. Brian has been at Bayside for nearly a decade, got married and had a son in the last three years and has another son on the way.

**BAYSIDE BULLETIN:** How many years have you worked at Bayside?

**BRIAN SUCHOCKI:** I started working at Bayside Clubhouse in February 2013, so 9 years.

**BAYSIDE:** What do you enjoy about your job?

**BS:** Everything. Bayside is a special place that has allowed me to grow personally and professionally. I have learned so much from the members.

Jim is a great supervisor and is always trying to make Bayside a better place to work, and have fun, while Tracey, Geoff and Josh are all willing to share their ideas, and be supportive of everyone.

Bayside Clubhouse is a unique place that offers everything a person in mental health could want while also integrating our Bayside Clubhouse community to the larger community.

**BAYSIDE:** What is the most challenging part of your job?

**BS:** Seeing the potential, abilities and talents in a member that they can't see in themselves and helping them see their opportunities rather than the obstacles.

**BAYSIDE:** If you weren't working at Bayside, what would you be doing right now?



**ABOVE:** Bayside Clubhouse Generalist Brian Suchocki is busy at work with Bayside's Business Unit. Brian has been a staff member for nine years. If you look closely at his bulletin board, you can see his son Rockne's handprints.

**BS:** Since I recently turned 44, I would probably be retiring from my long NFL career as a quarterback and making a large donation to Bayside Clubhouse.

**BAYSIDE:** How has your life changed since becoming a father?

**BS:** Well, although I have always loved my parents and have been thankful for the opportunities they have provided me. It has given me even more appreciation for the sacrifices they have made for me and my brothers.

I look forward to making those same types of sacrifices for my family.

**BAYSIDE:** With another son on the way, how do you think your wife will handle so many Suchocki men?

**BS:** My wife, Katie, will do a wonderful job and she is excited to be a "boy mom." To give everyone some perspective, the male genes are strong with the Suchockis.

My parents had three boys, and when Sorin is born in May, he will be the 6<sup>th</sup> consecutive Suchocki boy born into the family.

My dad instilled the importance of democracy in family decisions and I hope to carry on those values with my family.

**BAYSIDE:** Where will you take your family for your first big vacation?

**BS:** Someone must have talked with my wife. Did she ask you to ask that question? In all seriousness, we have tried to limit our exposure during COVID19 and although it is not a big vacation, we are planning on spending a week in the Oscoda area in July.

**BAYSIDE:** With a growing family, what type of vehicle will you replace the BMW with?

**BS:** I am hoping Geoff will give me a good deal on his van, once he gets it running again and everything fixed on it. ☐

# Bayside Special: Homemade Chips!



## CLUBHOUSE INTERNATIONAL STANDARD OF THE MONTH

STANDARD 2: The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.

We asked our members what that means:

Derrick: It means is you try to fight your fellow members or cause problems or conflict, you can be expelled from Clubhouse.

Matt Ja: It means If you get caught stealing, panhandling, etc., you are suspended. But fighting and major horseplay can cause you to be kicked out of Bayside for good.

## SUGGESTIONS

Have an idea for a new policy at Bayside Clubhouse? Maybe a suggestion for a new lunch dish or an item at the snack bar? Or maybe an activity idea or newsletter idea. Write it down here and place it in the folder box at Geoff's desk.

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